

# Carolina Country

## Flourishing Farmers Markets

ALSO INSIDE:

Okra & Tomatoes  
Co-ops and the  
Smart Grid

The N.C. Cheese Trail

C630.5 C293

|||||


#BXNDZPM \*\*\*\*\*RJU10\*\*3-DIGIT 275  
#44072229354000008  
READING RM NC COLLECTION  
WILSON LIBRARY CB # 3930  
CHAPEL HILL NC 27599-0001

1 84

Your Touchstone Energy® Cooperative

PERIODICAL





TAKE 76% OFF  
INSTANTLY!  
When you use your  
INSIDER OFFER CODE

Limited to  
First 2500  
Respondents  
to This Ad  
Only

# Mermaid Reunites Long Lost Lovers

*The perils of the sea are no match for the mermaid's treasure known as aquamarine.*

Ever since ancient times, sailors have sworn by aquamarine as a talisman and protector for anyone traveling on the open water. According to legend, aquamarine originated in the treasure chest of mermaids, and has since ancient times, been regarded as "the sailor's lucky stone."

We've heard the legend of men heading out to sea with an aquamarine amulet around their neck and once they safely return, that same stone becomes a ring for their sweetheart. That romantic tradition is carried forward in our stunning Aquamarine Ice Ring.

Derived from the Latin words for "water of the sea," the refreshing blue aquamarine gemstone is embraced by a polished, .925 sterling silver setting and surrounded by shimmering white DiamondAura®—our signature lab-created stone. You get the full effect of the aquamarine in a stunning 1.40 carat emerald cut, which floods the icy blue color with waves of brilliant light.

Aquamarine has excellent clarity and transparency. In fact, a member of the beryl family, aquamarine is a sister of the rich green emerald. And, with its gorgeous baby blues, it's easy to see why the emerald may get a tad green with envy.

You can easily find one carat aquamarine rings for over \$5,000 at Fifth Avenue jewelers. Bringing you luxury for less

is our mission at Stauer, so we priced our Aquamarine Ice Ring so you can make a splash without shelling out too many clams.

No need to test the waters. Slip this remarkable ring on her finger and create a legend of your own without risking the perils of the sea.

**Your satisfaction is 100% guaranteed.** Wear the Aquamarine Ice Ring for 60 days and if you're not completely delighted, send it back for a full refund of your purchase price. So, go ahead and make a splash!

**Aquamarine Ice Ring** ~~\$399~~<sup>†</sup>

Offer Code Price **\$95** + S&P **Save \$304**

**1-800-333-2045**

**Your Insider Offer Code: AIR163-01**

You must use this insider offer code to get our special price.

**Stauer®**

14101 Southcross Drive W.,  
Dept. AIR163-01  
Burnsville, Minnesota 55337  
www.stauer.com



<sup>†</sup> Special price only for customers using the offer code versus the price on Stauer.com without your offer code.

1.40 carat emerald-cut aquamarine • 20 lab-created DiamondAura® rounds • .925 sterling silver setting • Whole ring sizes 5-10

Smart Luxuries—Surprising Prices™





12

## FEATURES

**8** *A Career of Innovative Service*  
Piedmont Electric CEO Randy Brecheisen retires this month.

**12** *Friendly, Fresh and Local*  
North Carolina's farmers markets are growing, to the benefit of local communities.

**14** *Perfectly Paired: Okra and Tomatoes*  
We consider the finer qualities of these complementary summer veggies.

**22** *Now That's a Sweet Potato!*  
And other things you remember.

**28** *Say Cheese!*  
North Carolina's cheese trail will make you smile.



## FAVORITES

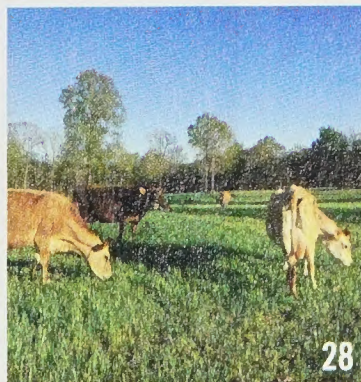
- 4 Viewpoint**  
Safety is our first priority.
- 6 More Power to You**  
Co-op leaders engage legislators.
- 10 Between the Lines**  
A smart electric grid makes innovation possible.
- 24 Joyner's Corner**  
The "Willing but Slow" railroad.
- 26 Carolina Compass**  
July events and the N.C. cheese trail.
- 29 Photo of the Month**  
"Eve of Revolution"
- 29 Where Is This?**  
Somewhere in Carolina Country.
- 30 Energy Cents**  
Cutting energy waste with the wash.
- 32 On the House**  
Considering water heater options.
- 33 Classified Ads**
- 34 Carolina Kitchen**  
Our favorite okra and tomato recipes: Fee Fie Faux Fried Okra, Dilly Pickled Okra, Green Tomato Pie Filling, Favorite Canned Salsa.

### ON THE COVER

Nancy Fantozzi has been a regular patron of the Carrboro Farmers Market for 26 years. Read about the benefits of farmers markets around the state on page 12. (DeCarlo Photography)



14



28



**Warren Kessler**  
Publications Director

**Scott Gates**  
Editor

**Renee C. Gannon, CCC**  
Senior Associate Editor

**Karen Olson House**  
Contributing Editor

**Tara Verna**  
Creative Director

**Erin Binkley**  
Graphic Designer

**Linda Van de Zande**  
Graphic Designer

**Jenny Lloyd**  
Publications Business Specialist

**Jennifer Boedart Hoey**  
Advertising

**Joseph P. Brannan**  
Executive Vice President & CEO


**Nelle Hotchkiss**  
Senior Vice President, Corporate Relations

North Carolina's electric cooperatives provide reliable, safe and affordable electric service to nearly 900,000 homes and businesses. The 26 electric cooperatives are each member-owned, not-for-profit and overseen by a board of directors elected by the membership.


#### Why Do We Send You Carolina Country Magazine?

Your cooperative sends you Carolina Country as a convenient, economical way to share with its members information about services, director elections, meetings and management decisions. The magazine also carries legal notices that otherwise would be published in other media at greater cost.

Your co-op's board of directors authorizes a subscription to Carolina Country on behalf of the membership at a cost of less than \$5 per year.

 **Member of BPA Worldwide**

Advertising published in Carolina Country is accepted on the premise that the merchandise and services offered are accurately described and willingly sold to customers at the advertised price. The magazine, North Carolina Association of Electric Cooperatives, Inc., and the member cooperatives do not necessarily endorse the products or services advertised. Advertising that does not conform to these standards or that is deceptive or misleading is never knowingly accepted. Should you encounter advertising that does not comply with these standards, please inform Carolina Country at P.O. Box 27306, Raleigh, NC 27611. 919-875-3091.

 Carolina Country magazine is a member of the National Country Market family of publications, collectively reaching over 8.4 million households.

Carolina Country is available on digital cartridge as a courtesy of volunteer services at the N.C. Department of Cultural Resources, Library for the Blind and Physically Handicapped, Raleigh, N.C. 888-388-2460.

Periodicals postage paid at Raleigh, N.C., and additional mailing offices. Editorial offices: 3400 Sumner Blvd., Raleigh, N.C. 27616. Carolina Country® is a registered trademark of the North Carolina Association of Electric Cooperatives, Inc.


**POSTMASTER:** Send all UAA to CFS. (See DMM 707.4.12.5); **NON-POSTAL AND MILITARY FACILITIES:** send address corrections to Carolina Country, P.O. Box 27306, Raleigh, NC 27611.

**Subscriptions:** Individual subscriptions, \$12 per year. \$20 outside U.S.A. Schools, libraries, \$6.

#### HAS YOUR ADDRESS CHANGED?

Carolina Country magazine is available monthly to members of North Carolina's electric cooperatives. If you are a member of one of these cooperatives but do not receive Carolina Country, you may request a subscription by calling Member Services at the office of your cooperative. If your address has changed, please inform your cooperative.

All content © Carolina Country unless otherwise indicated.

 **PRINTED WITH SOY INK** Soy ink is naturally low in VOCs (volatile organic compounds) and its usage can reduce emissions causing air pollution.

## Safety is Our First Priority



By Dale Lambert

Safety is something we regularly discuss and expect from all employees of North Carolina's electric cooperatives, as well as our contract crews. No matter the job, safety is our first priority.

Safety is also *your* first priority. A recent conversation with one of your fellow member-owners reminded me. The member asked my thoughts about the possibility of seeing any storms in our area. With summer upon us, severe weather is a possibility every day.

After hearing that, he said, "Well, if we have a bad storm that knocks the power out, I'll get out and cut trees off the line for you." A cold chill ran down my spine. His heart's desire was to offer assistance, but the reality is that serious injury and possibly even death could result from his offer.

My response was, "Thank you for your willingness to help, but please do not go near a downed power line or tree that may be near a power line. You could be seriously injured or killed. Leave it to the experts. That's what we're here for."




*The fire pictured is coming from an energized power line lying on the ground. The grass was wet from rain, yet it was burning from the intense heat being generated from the energized line.*

After this encounter, I realized that safety cannot be stressed enough or talked about too much.

With that thought in mind, I want you to understand how electricity works and just how dangerous it can be. Electricity is always seeking a ground. Contact with electricity can cause an electrical shock. If you get between electricity and a ground, you become a path for electrical current to flow. Even a small and seemingly insignificant shock can be frightening, painful and cause extensive damage to the body. Electric current can burn the skin, nerves, muscles, and tissues in the body. A severe electrical shock can cause the heart to stop beating and severely damage vital organs and tissue that could lead to death. A downed power line can be deadly if not handled properly.

Many people are under the assumption that if a power line is on the ground or lying in trees and no smoke or sparks are coming from it, it is de-energized. This is not necessarily true! Just because a power line is down or a tree is on it does not mean the line is dead. A line is only dead when it's properly grounded.

In this issue you'll find some basic safety tips to follow not only during and after storms, but as you go about your daily activities (see "More Power to You," page 7).

Safety is our top priority at your electric co-ops. It should be a top priority for you and your family as well. Please take the time to share this basic information with your family. Knowing the basics can not only help prevent an injury, it can save a life. 

Dale Lambert is CEO for Randolph EMC, located in Asheboro. He also serves as vice president of the North Carolina Electric Membership Corporation board of directors.



## Lavender Love

Loved this article ["North Carolina's Lavender Landscapes," June 2016] as it will be fun to explore other lavender farms in NC. I grow a little lavender myself and last year visited "the Lavender Garden" where I got lavender sachets.

*Meredith Allen, Davidson*



## Scruggs Family Memories

Greetings. My mom passes along a copy of your magazine to me. In the April issue on page 18, "I Remember," the photo shows Grandma Scruggs. I would suppose that young boy on the right is Earl Scruggs, son of grandma Lula? It sure looks like Earl.

*Gerald Moose, Richfield*

**Editor's Note:** Gerald is correct! We reached out to Rosita Jones, a Rutherford EMC member who submitted the photo with fond memories of her grandma's biscuits. Rosita is pictured bottom left, with her uncle Horace behind her and a 17-year-old Earl on the far right. Horace played guitar, and Earl went on to perfect the three-finger banjo-picking style that is now a defining characteristic of bluegrass music. But the whole family was musical—Rosita played the pump organ—and as she remembers, "when we got together, it was a time, always. If the wind was blowing right, our neighbors would come over and join us in singing, playing and dancing. We had some good times." Read more about Uncle Earl in our online archives at [CarolinaCountry.com](http://CarolinaCountry.com) (Carolina Compass, January 2014).

## Contact us

**Website:** [CarolinaCountry.com](http://CarolinaCountry.com)

**Email:** [editor@carolinacountry.com](mailto:editor@carolinacountry.com)

**Phone:** 919-875-3062

**Fax:** 919-878-3970

**Mail:** 3400 Sumner Blvd.  
Raleigh, NC 27616



Find us on facebook at  
[carolinacountry.com/facebook](http://carolinacountry.com/facebook)



Thought y'all might enjoy this photo for the magazine. It's a picture of my son, Caleb, and my husband, Jamie, on our tractor, while the sun sets, after the garden had been plowed.

*Courtney McCollum, Wadesboro, a member of Pee Dee Electric*



Kaela wanted a garden for her 8th birthday. She got what she asked for, and last year she grew some pumpkins. We wanted to share her enthusiasm for her own garden! Her parents are Paige and Micah Tyson, members of Union Power Cooperative.

*Gene and Betty Russell, Wadesboro,  
members of Pee Dee Electric*



This is our grandson, Rush, at our dairy, Jy-Ro Holsteins in Elkin. He has just picked out his March show calf.

*Michelle Golding, Elkin,  
a member of Surry-Yadkin EMC*





*Piedmont Electric linemen showed their skills at the Got to be NC Festival. (Left to right) Robert Riley, David Godfrey, Donald Neems, Brent Talley, Brian Rhew and Donovan Williams.*

## Linemen Show Their Skills

Electric cooperative lineworkers demonstrated their skills at the 7th Annual Lineman's Rodeo Demonstration, showing a record crowd just how much it takes to ensure safe, reliable and affordable power reaches their homes. The May 21 event featured live line demonstrations, pole-top transformer changing demonstrations, pole-top rescues and other exercises. All were performed without bucket trucks, demonstrating the climbing skills of the linemen.

The event was narrated by North Carolina's Electric Cooperatives' Job Training & Safety (JT&S) team.

"We explained each task, the skills required and most of all the safety procedures being used," says JT&S field manager Farris Leonard. "It was a great opportunity for the audience to learn about electric cooperatives and what it takes to maintain safe, reliable power."

The Got to be NC Festival is held each spring at the State Fairgrounds in Raleigh and is a production of the North Carolina Department of Agriculture and Consumer Services. Members of Piedmont Electric Membership Corporation's line crew traveled from nearby Hillsborough to participate in the demonstration.

More information is available at [gottobenccfestival.com](http://gottobenccfestival.com).

## The Price of Standby Mode

Just how much power do electronics use that are turned off, but plugged in? Quite a bit, it turns out. Electric cooperatives are familiar with "energy vampires," meaning devices that continue to draw power when not in use.

The New York Times recently studied the concept, citing a report that estimates a quarter of all residential energy consumption is used on devices in idle power mode.

"That means that devices that are 'off' or in standby or sleep mode can use up to the equivalent of 50 large power plants' worth of electricity and cost more than \$19 billion in electricity bills every year," writes the Times.

Roughly 50 devices and appliances in the typical American household are always drawing power, according to the Department of Energy, as cited by the Times. The culprits range from small energy hogs like new internet-connected light bulbs and coffee makers, to appliances with digital displays, cable boxes and laptop computers.

Energy-saving solutions offered include powering appliances through a power strip so all can be turned off at one time, as well as tracking how much energy a home is consuming in regions where advanced metering is available.

Contact your electric cooperative with questions about how you can trim energy use and identify energy vampires in your home.



## Piedmont Electric Names New CEO

Stephen "Steve" Hamlin has been selected as president & CEO of Piedmont Electric Membership Corporation in Hillsborough. Hamlin moved into the position upon the official retirement of president & CEO Randy G. Brecheisen last month. Hamlin is the fifth leader in Piedmont Electric's 78-year history.

Hamlin brings 17 years of cooperative knowledge and experience to this position. He began at Piedmont Electric in 1999 as the accounting manager and then as the cooperative's chief financial officer. Before that, Hamlin worked in public accounting and has served as the internal audit director for a national retail chain as well as the controller for a multi-state building material distributor. He graduated from Virginia Commonwealth University in 1978 and is a certified public accountant.

Hamlin is married with three grown children and most recently, a grandson.

"I am delighted with the board's decision to hire Steve Hamlin," Brecheisen said. "He has extensive knowledge and experience in financial management and other aspects of our industry that will be of great benefit to the members. We're confident he will provide exceptional leadership to our Cooperative. I couldn't be leaving Piedmont Electric in better hands."

See page 8 for reflections from outgoing CEO Randy Brecheisen's more than 30-year career with Piedmont Electric.





## Make Safety Your First Priority

### ELECTRICAL SAFETY TIPS

From Randolph EMC CEO Dale Lambert

- Water and electricity do not mix. If a downed power line is near or in water, never come into contact with either.
- Never assume a downed power line is de-energized. If you encounter a downed line, stay back and keep others away. Contact your local power provider to report the downed line.
- Do not touch anything that is near or in contact with, or in the vicinity of, a downed power line. Likewise, service lines, even if they are insulated, should be considered dangerous and treated the same as a high-voltage line.
- Never touch a tree or tree branch that is making contact with a power line. Electrical current can flow through the tree or a tree branch and shock or kill anyone touching it.
- If you encounter a downed wire touching a vehicle, stay clear. If you are inside the vehicle, wait for help. If you absolutely must leave your car due to a fire or other emergency, then jump clear without touching the car and the ground at the same time. Be sure to land with your feet together. Then, shuffle away with your feet staying close together.
- If you use a standby generator during an outage situation, be sure it is installed and wired properly. Never connect a generator directly to your main electrical panel or an electrical outlet. Without the correct safety mechanisms, power from the generator could flow back onto the power line and injure or kill you or one of our line personnel.
- Never work or play in the vicinity where you, or the object you are working or playing with, can come in contact with a power line. Be extremely careful with farm augers, ladders, lifting booms, antennas and flying kites. Look up before you move tall items.
- If you must dig in the vicinity of underground utility lines, contact North Carolina 811 to locate underground lines at least three days before work begins. An energized underground power line can be just as deadly as an overhead line.



State Sen. Brent Jackson (right) meets with leaders from Four County EMC, South River EMC and Tri-County EMC in Raleigh.

## N.C. Electric Co-op Leaders Meet With Legislators

This spring, leaders from electric cooperatives across North Carolina met with legislators both at home and in Washington, D.C., to speak about the important work co-ops are doing across the state and advocate on behalf of their members.

The discussions happened at two events in May: the national Legislative Conference (coordinated by the National Rural Electric Cooperative Association), and the annual “Rally in Raleigh.”

“It is critical that our elected officials understand the perspectives of cooperative members, and these events provide an impactful opportunity to share that perspective and demonstrate our member-focused mission,” said Nelle Hotchkiss, senior vice president at North Carolina’s Electric Cooperatives.

Co-op officials focused their discussions on how the state’s electric co-ops are finding innovative ways to meet the evolving needs of their members—through deploying new technology and service offerings—while remaining committed to rural economic and community development, education grants, scholarships and excellent electric reliability.

The messages resonated.

In a meeting with officials from Roanoke Electric Cooperative and Halifax EMC, state Representative Michael Wray noted that cooperatives are great at outreach and supporting their communities.

State Senator Rick Gunn was impressed by co-op innovations in consumer engagement.

“It’s clear that North Carolina’s electric cooperatives are leaders in energy innovation,” Gunn said. “Their consumer-focused business model puts them in a prime position to adapt to the changes we’re seeing in the electric utility industry.”



# A Career of Innovative Service

***CEO Randy Brecheisen retires this month after 33 years with Piedmont Electric.***

*By Lindsey Listrom*

Randolph G. Brecheisen has always been focused on finding ways to best serve cooperative members. As the president and CEO of Hillsborough-based Piedmont Electric Membership Corporation, he has built a team that is committed to excellence and a culture that is committed to service. Brecheisen is retiring this month after 33 years with the co-op.

What's the secret to his success with Piedmont Electric? Seeking out opportunities to enhance member service.

Whether that service came through implementation of advanced technologies, a focus on excellent electric reliability or programs that support local communities, Brecheisen leaves a legacy of not only seizing opportunities, but also of being a leader who isn't afraid to take on the big challenges and who cares for every member of his cooperative family.

"We have wonderful employees here," Brecheisen says. "One of the real joys I've had as CEO is working with extremely fine, dedicated, hard-working people."

Members saw that dedication firsthand in 1996, when Hurricane Fran's devastating winds cut power to all but about 300 of Piedmont Electric's members. That night, Brecheisen and a team of employees stayed at the office, listening to trees crash down outside. In the morning, with lines and power poles on the ground for miles, an all-hands-on-deck approach and the help of about 400 outside employees led to full power restoration for Piedmont Electric members within seven days.

"Any time there is a problem or situation, Randy is willing to lean in and do the heavy lifting to get it fixed," says Bill R. Barber, chairman of the board



of directors at Piedmont Electric.

During Brecheisen's tenure, the cooperative has become a national leader in securing Rural Economic Development Loan and Grant (REDLG) funding from the U.S. Department of Agriculture. Since 2014, Piedmont Electric has boosted essential services and enriched local communities by helping provide funding for new firetrucks and ambulances as well as for upgrades to emergency facilities, libraries and local schools totaling more than \$14 million in rural economic development.

These investments, along with thousands of dollars contributed by the cooperative in support of scholarships, sponsorships and local education, will have a lasting effect in local communities, Barber notes.

Brecheisen grew up in a navy family, moving about every two years before landing in Maryland for high school. An interest in engineering brought him to NC State University, where he earned undergraduate degrees in electrical engineering and engineering operations, and then to Duke University for an MBA.

After stints at Duke Energy and as a consultant, Brecheisen began work at Piedmont Electric as a controller where he managed finance and accounting as well as meter reading and other services. In 1992, he took the helm as CEO.

Since then, the cooperative has more than doubled in size, serving 31,000 members in its six-county service


territory. And while member numbers have doubled in the past three decades, technology has advanced exponentially.

Brecheisen has led Piedmont Electric to keep up with those advancements, spearheading strategic investments in innovations including advanced meters, outage maps and reporting, services for customers to access their account information through web portals, and immediate communication through social media.

What each of these innovations has in common, Brecheisen says, is that they all empower Piedmont Electric's members to better understand and control their energy use, while at the same time enabling the cooperative to provide better, more reliable electric service.

"And that's really the basis for aggressively deploying these new technologies," Brecheisen says. "It allows us to provide better service and do a better job for our members."

After turning in his keys at Piedmont Electric, Brecheisen said he looks forward to spending time with his wife Sylvia and children Amy, Zachary and Lindsay, and even embarking on a second career. He said he will reflect fondly on his time serving Piedmont Electric members.

"I'm thankful that I've had this opportunity to do what I've done for this many years," he says. 

*Lindsey Listrom is the communications & media relations manager for North Carolina's Electric Cooperatives.*



340 carats of the "chameleon  
gemstone" for only \$8750

"Very few gems match tourmaline's  
dazzling range of colors"

— Gemological Institute  
of America

## The Gemstone Worth Staking Your Reputation On

From show stopping reds and vivid blues to deep greens and fragile pinks, tourmaline is the chameleon of the gem world. This gemstone comes in such a dazzling range of colors that its name literally means "mixed gems."

This stone is of such high quality that famed gemologist George Frederick Kunz staked his reputation on it. Walking into the offices of one of the biggest jewelers on 5th Avenue with green tourmaline in tow, he convinced the owner to purchase it. It was this interaction that led to Kunz becoming the company's resident gem expert for 53 years.

Like Kunz, we know a winner when we see it, so we created the **Chameleon Tourmaline Necklace**. We've gathered 340 carats of tourmaline in shades of blue, green, pink, and gold. The result? A show-stopping torsade. The stones verily leap over each other in flashes of rich color.

With its stunning array of colors and sheer amount of carat weight, there are many a jeweler out there that would price this beauty through the roof. But overpaying for luxury is something you'll never do with Stauer. We're offering you the *Chameleon Tourmaline Necklace* for **only \$8750**.

**Your satisfaction is 100% guaranteed.** Kunz took a risk on tourmaline and it paid off big. At Stauer, there's zero risk to embracing the finer things in life. Experience the gorgeous colors of the "chameleon gemstone". If you're not convinced you got excellence for less simply send it back within 60 days for a complete refund of the sale price (less S&P). But we're betting it's a keeper. We'd stake our reputation on it.

While there's no risk in purchasing the *Chameleon Necklace*, don't run the risk of missing out. These necklaces are in limited supply already. Call today and catch the rare chameleon gemstone before it's gone.

**Ask how to get an additional 50% OFF!**



TOURMALINE VARIETIES ARE AMONG THE RAREST & MOST EXPENSIVE GEMSTONES IN THE WORLD

"High quality paraiba tourmaline will sell for around \$12,000 per carat."

— GemstoneAdvisor.com

**Chameleon Tourmaline Necklace ~~\$3999~~\***

Offer Code Price Only \$8750 + S&P Save \$31150!

You must use the insider offer code when  
you call to get our special sale price.

**1-800-333-2045**

**Offer Code: CTN115-01**

Please use this code when you  
order to receive your discount.

**Stauer®**



ACCREDITED  
BUSINESS

Rating of A+



14101 Southcross Drive W., Dept. CTN115-01,  
Burnsville, Minnesota 55337 [www.stauer.com](http://www.stauer.com)

\* Special price only for customers using the offer code  
versus the price on Stauer.com without the offer code.

340 ctw genuine tourmaline • Gold-finished .925 sterling silver bead connectors • 18" plus 2" extender; lobster clasp

Smart Luxuries—Surprising Prices™



# The Grid Will Connect Us to Our Energy Future

By Justin LaBerge

It's often said that we live in an information age. There are hundreds of channels on satellite and cable TV. Consumers who live in communities with high-speed Internet can use services like Netflix, Amazon Prime and Hulu to access many more entertainment options. Satellite radio, podcasts and music streaming services fill our ears with everything from our favorite tunes to dating advice. Anybody with a computer or smartphone can create content and distribute it through social media.

Even in rural areas without broadband service or 4G mobile data, it's still a far cry from the days when consumers had to pick from three TV networks, a handful of radio stations and one local newspaper.

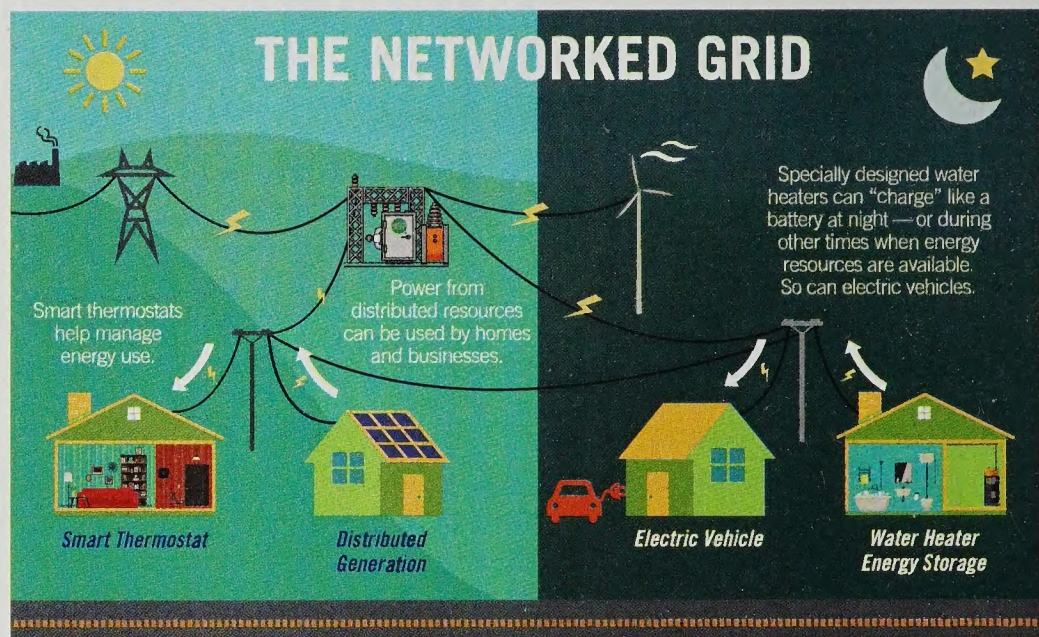
There are many factors that came together to spur this digital revolution, but two of the most important are advances in technology and growth of the nation's data transmission network.

Our nation's power system is in the beginning stages of a similar revolution.

Historically, the electric grid has operated much like the old broadcasting system with three major networks. In this system, called central station power, electricity essentially flows in one direction, from big power plants to consumers.

This is a time-tested system that has proven itself safe, reliable and efficient, and it continues to be the best solution for the vast majority of American energy consumers. But advances in renewable power generation, energy storage and energy management technology are likely to change that model in the coming years.

Solar panels are becoming cheaper to produce. Batteries are lasting longer,



charging faster and costing less. Smart home devices can make instantaneous calculations to optimize our energy use. While many of these new generation and energy storage technologies aren't quite ready for prime-time, electric cooperatives are already working to make the grid smarter and more adaptable—matching technology with what makes sense for their unique geographic area and membership.

**Electric cooperatives are already working to make the grid smarter and more adaptable.**

With all these advances in technology, it's easy to envision an energy future where homes and businesses could unplug from the grid completely. Although that's certainly possible,


in order to realize the full potential of renewable generation, energy storage and smart home technology, the electric grid and utilities will continue to play critical roles.

Just as our information age was made possible by digital devices talking to each other over a communication network, our modern energy system will rely on new technologies working together through an interconnected

power grid. The key to making the system work is a smart electric grid that enables the two-way flow of energy from a decentralized network of generation resources.

Even as renewables come down in cost and improve in reliability, large and highly efficient generation facilities will continue to play a critical role in our power system. These facilities provide a steady, reliable and efficient backbone for the network that powers our lives.

The digital revolution has accelerated the pace of innovation bringing changes to that network.

In the not-too-distant future, electricity will power an even larger share of our daily lives, from cars to smart appliances, to home automation systems. These technologies have the potential to make our lives easier, save us money and support a sustainable future. The smart electric grid is the network that will make it all possible. 

Justin LaBerge writes on consumer and cooperative affairs for the National Rural Electric Cooperative Association, the Arlington, Va.-based service arm of the nation's 900-plus consumer-owned, not-for-profit electric cooperatives.



# Rated The Nation's Best Gutter Protection



Over  
25 Million  
Feet Installed,  
ZERO Clogged  
Gutters!!!

- Installs on new or existing gutters.
- Does NOT disturb your roof or shingles.
- Stainless steel micro-filter keeps out ALL debris.
- Low profile system—can't be seen from the ground.
- Lifetime, money back warranty!!!\*

\*See actual warranty for complete details.

**FREE ESTIMATES**  
**1-800-290-6106**  
**www.LeafFilter.com**  
**Promo Number: 73**



No Holes, No Gaps, No Openings  
= ZERO CLOGGED GUTTERS

Senior  
Discounts Available



**\$250 OFF**

Whole House

Must present at time of estimate  
Not valid with any other offers  
100 ft minimum  
Offer Expires 7-31-16

**\$100 OFF**

Any Size Installation

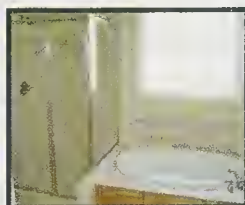
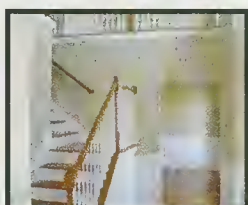
Must present at time of estimate  
Not valid with any other offers  
Offer Expires 7-31-16



The Worthington

2923SqFt.

## Built On Your Land



- Stick-Built Construction
- 50+ Home Designs
- Starting at \$92,990
- On-Line Price Quotes

Charlotte: (704) 916-9568

Raleigh: (919) 229-9568

Save \$1,000 On Options & Upgrades\* Log-In For Details!

**www.LockridgeHomes.com**

\*All information is deemed reliable but is not guaranteed and is subject to change without notice.



# Friendly, Fresh and Local

*North Carolina's farmers markets are growing, to the benefit of local communities.* By Scott Gates

Spring rain is falling hard and steady on the white pop-up tents of the Winton Farmers Market, but its regular patrons are undeterred. Minutes ahead of the advertised open time of three o'clock, local residents begin arriving by car and on foot. They duck under the dripping edges of the tents and chat with vendors, thumbing through pocketbooks to buy fresh baked goods, greens and some early season vegetables. Kat Van Roy's asparagus sells out within 30 minutes. Jean Martin's strawberry pies are bought or claimed within 10 minutes.

Jessie Moore, a vendor who farms with her husband, William, on 200 acres near Harrellsville, is bagging and weighing fresh-picked kale greens she's brought in a large bin — clearly taking pride in just how fresh they are.

"Greens are my favorite," Moore says with a laugh. "I picked these this morning. In fact, I picked these and within 30 minutes I was dressed and ready to bring them to the market."

The farmers market in Winton, the county seat of Hertford County near

Roanoke Electric Cooperative's service territory, is now in its fourth year. Like other farmers markets across the state, it serves two important purposes: It provides residents with a local source of fresh produce, and it provides farmers with a reliable means of selling their crops.

"These farmers were looking for a market," says Anass Banna, an area agent with Hertford County Cooperative Extension. Banna recruited Winton's market vendors, and trained them in vegetable handling and food safety. "Before we had the farmers market, they would sell to neighbors or off the back of their trucks. This came at the right time, so they jumped right in."

## Growing Numbers

Ten years ago, there were about 100 farmers markets across the state. Today there are more than 250, making up almost three percent of the nationwide total and ranking the state 10th as far as number of markets (California leads with more than 750, according to the U.S. Department of Agriculture

(USDA). The per-state average is 170.)

A few key reasons fueled the recent growth in North Carolina.

"People are taking a closer look at where their food is coming from," says Kevin Hardison, agricultural marketing specialist with the N.C. Department of Agriculture and Consumer Services (NCDA&CS). "They like a connection with who's growing their food — some see locally sourced food as safer and healthier."

For communities like Winton, a farmers market can also fill a basic need for fresh produce. The area was once designated as a food desert, defined as a region where both access to supermarkets and household incomes are low. A federal grant helped launch the Winton market, and this year alone five others are being started in surrounding counties to combat the same issue, providing residents with a local, reliable source of produce.

On the vendor side, Hardison says a local market can serve as a starting point for smaller growers. As they expand operations over the years, he's seen some move on to be very large





national—even international—distributors. And the good news is, he's seeing a growing interest in small-scale farming across the state. A small farm is technically one that grows and sells between \$1,000 and \$250,000 per year in agricultural products, and about 87 percent of North Carolina's farms fall in this category.

"A lot of folks are looking to start small farms as a second career or following military service," Hardison says.

Several resources and organizations are available to support those interested in farming, including the Farmer Veteran Coalition and the Farmers Market Coalition. Grants also are available for small farm operations, administered at the both federal level and by North Carolina-based organizations including the Tobacco Trust Fund Commission, the Golden LEAF Foundation and the Leonard-Mobley Small Farm Fund.



### Cultivating Success

For aspiring small farmers and fledgling markets alike, the most critical source of support is the local community they serve. It's a two-way street, Hardison explains. The community can show support for a farmers market through donations, volunteer work and by simply shopping there. The market can return that support by providing residents with services beyond fresh produce.

For one, just under half of all farmers markets in the state support federal nutrition programs, according to USDA, accepting Supplemental Nutrition Assistance Program (SNAP) payments. Technology has helped make EBT card payments possible in even the most rural areas. Where it was once necessary to run a telephone landline to a payment machine, purchases can now be processed with a smartphone. Farmers market vendors can apply to process SNAP funds at [www.fns.usda.gov](http://www.fns.usda.gov).

And of course, it helps to have fun.

"A good farmers market will have events to bring people out—and not just to purchase goods. It can be an opportunity to meet the growers, to socialize and for folks to just enjoy the outdoors," Hardison says. "I've seen markets host blood drives, offer cooking lessons, host Girl Scout cookie stands—that connection to community is what makes a successful farmers market."

The Carrboro Farmers Market, near Piedmont Electric's service territory west of Raleigh, has grown from hosting 20 vendors in 1978 to more than 70 vendors today. Over its history, it

*Left: Enjoying strawberries on the spot at the Carrboro Farmers Market.*

*Above: Jessie Moore bags greens at her Winton Farmers Market stand.*

has positioned itself as a hot spot for community events, hosting dinners, children's events, live music, cooking classes and seasonal festivals like the Strawberry Jamboree.

Although it's not operating on as grand a scale, the farmers market in Winton is on the right track to fostering that same sense of community. As the rain slows and the sun comes out, it's clear that residents are in no hurry to make a purchase and leave.

"People come to socialize—they stand and talk, or we provide chairs so they can sit down," says Libby Jones, the volunteer manager of the Winton Farmers Market. "They enjoy their time." 🍓

### Finding A Market Near You

With so many farmers markets across North Carolina, there's a good chance you'll find one just down the road. A market directory and guide to what fruits and vegetables are in season is available at [ncfarmfresh.com](http://ncfarmfresh.com).

You can also visit one of the four larger regional farmers markets, operated by NCDA&CS. The regional markets served a combined 7.1 million visitors last year, providing a market for 6,448 farmers.

- Western N.C. Farmers Market, Asheville
- State Farmers Market, Raleigh
- Charlotte Farmers Market, Charlotte
- Robert G. Shaw Piedmont Triad Farmers Market, Colfax (near Greensboro)





# Okay Okra!

*Never mind the slime*

*By Carole Howell*

**P**eople either hate it or love it with seemingly no in-between. The late Robin Williams likened okra to that substance that comes out of your nose when you have a cold. As the kind Southerners that we are, we must forgive him because he was born in Chicago, bless his heart.


As a born Southerner, raised on the stuff, slime and all, I like it just fine. You see, I know how to fry it to a golden

crisp, stew it with fresh garden tomatoes, and steam young, tender pods and eat them with butter and salt. You can bake it, grill it, add it to gumbo, or pickle it. I even like okra as a crispy addition to salads and cut right from the stalk, warm from the summer sun. (And a little acid, in the form of lemon or tomato juice, helps tame the slime.)

Okra is thought to be native to Ethiopia, carried to America by enslaved Africans. Fortunately for us, okra loves the sun of a southern summer just like sweet tea loves the shade. In fact, Irmo, South Carolina, holds an annual Okra Strut Festival every September, celebrating all there is to love about this incredible pod.

If you really love okra, you'll be pleased to know that it's high in nutrients and fiber, only 35 calories a cooked cup, and available year-round in the freezer section. While green okra remains the favorite, okra actually comes in 20 different varieties including red and purple. One of the most popular for home gardens is the Clemson Spineless variety.

On our farm, we grow our own, eat as much as we can, and freeze the rest. I either cut it plain to add to soups and gumbo, or pre-batter it for frying. My absolute favorite way to preserve okra, however, is to pickle it with garlic pods and red pepper flakes (see recipe in "Carolina Kitchen," page 34). If you don't think you like okra, you haven't had a crispy, spicy okra pickle, and you owe it to yourself to try at least one.

This summer, make it a goal to seek out some fresh okra from your local farmer's market or from a generous friend. Try it a couple of different ways, then let me know what you think. I think if you're a hater, you'll become a fan, never mind the slime. 

*Carolina Country contributing writer Carole Howell lives in Lincoln County and is a member of Rutherford EMC.*

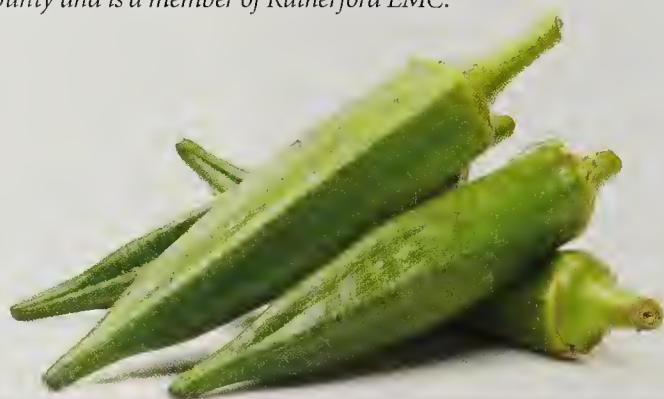
## 4 x 4 Okra, Tomatoes and Corn

Here's a great way to use all those wonderful summer garden favorites. (*Editor's note: You can use frozen vegetables, or a combination of frozen and canned vegetables, using more or less of any ingredient to suit your taste.*)

- 4 slices bacon, fried crisp
- 4 cups white or yellow corn
- 4 cups diced tomatoes
- 4 cups cut okra
- 1 beef bouillon cube
- Salt and pepper to taste
- 3 sliced green onions

Fry bacon and remove to drain. Remove half the bacon grease and add tomatoes, okra and bouillon cube. Cover and simmer for 10 minutes. The tomatoes should release their juice, but add a little water if too dry. Add corn, cover and simmer for 10 more minutes or until corn and okra are tender. Stir in crumbled bacon. Serve topped with fresh green onions. Tastes great over rice.

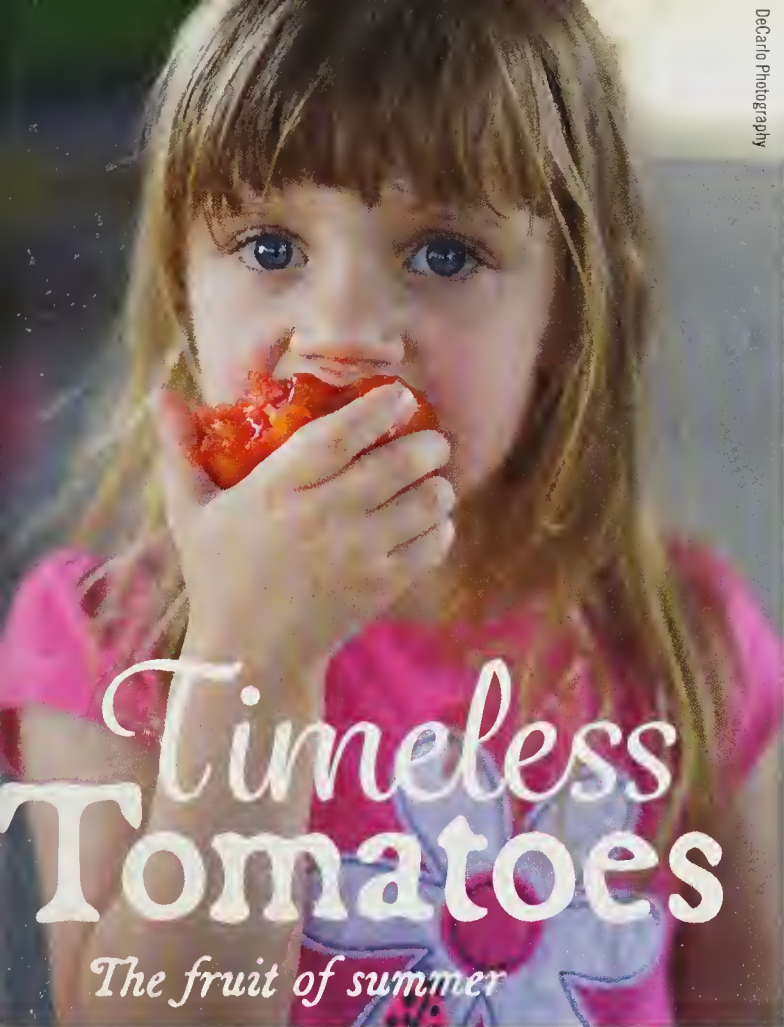
*Serves 8*



**Find more okra and tomato recipes from our authors in this month's Carolina Kitchen, page 34.**







By Amy Ney

**W**hen my husband and I married, we moved to Canton, N.C., just west of Asheville. We began trying to eat more locally grown food, so we joined a CSA (Consumer Supported Agriculture) for farm fresh vegetables that we picked up each week. Growing up, our parents had raised gardens and preserved fruits and vegetables, so when we stumbled upon a tomato festival in Canton, we bought two boxes of tomatoes. Thus began our canning journey.

We bought a water bath canner and canned quart jars of diced tomatoes for use in soups and other recipes during the winter. We experimented with spaghetti sauce, but the results were too thin (and too much work). The following year's boxes of tomatoes became canned tomatoes and salsa (see recipe, page 34). This last year, in addition to tomatoes and salsa, we found green tomatoes at our CSA farm stand and made green tomato pie filling, using the recipe my mother-in-law used when my husband was young (see recipe, page 34). This year, I found a recipe for spiced tomato jam and am eagerly anticipating this new experiment with tomatoes while adding another jam to my repertoire of strawberry, peach, blackberry and whatever other fruit we can find — last year's scavenging led to crabapple and chokecherry jams.

### Fruit or Vegetable?

In all of my tomato research, I rediscovered what I'd probably been taught in elementary school: Tomatoes are a fruit! In 1893, the U.S. Supreme Court ruled, based on common usage of the word, that tomatoes are vegetables. But botanically, tomatoes are actually fruit because the

seeds and flesh are contained within the skin. True vegetables do not contain seeds but instead consist of roots, stems, leaves and flowers.

Regardless of whether you consider a tomato a fruit or a vegetable, they have many health benefits. Tomatoes contain high levels of antioxidants, especially vitamins A, E and C, which help to protect our bodies from cellular damage caused by free radicals (atoms or molecules with unpaired electrons which may cause harmful reactions with chemicals in our bodies). Tomatoes contain lots of potassium and their high lycopene content may help reduce the risk of pancreatic cancer. Tomatoes also have synergistic effects: When eaten with broccoli they may reduce the risk of prostate cancer and when eaten with oils such as avocado and olive, they may have cardiovascular benefits and increase absorption of carotenoids, plant pigments which our bodies convert to vitamins. Most importantly, tomatoes are high in nutritional value and low in calories.

### A Variety of Uses

Tomatoes have many common uses, from salad toppings to the favorite tomato sandwich. They are used in soups and sauces and even in pies. They can be eaten raw or cooked and with or without the skin (although the skin is very nutritious). Tomatoes may be fried green, canned whole, diced into salsas or even made into jam. Books such as "Simply in Season" and "From Asparagus to Zucchini" are wonderful guides to eating seasonal foods such as tomatoes. "The Ball Blue Book Guide to Preserving" is a great resource for anyone interesting in preserving fruits or vegetables.

Tomatoes are a rewarding crop if you want to grow your own. Numerous varieties, including heirloom, are available at local farmers' markets or through CSA shares at a local farm. Several locations throughout North Carolina also host tomato festivals where you can taste tomato goodies and buy a box or two to take home with you. Ripe tomatoes should be brightly colored and firm with just a little give when gently squeezed. Fresh tomatoes should be stored on the kitchen counter for up to a week. Store-bought tomatoes have been refrigerated in transit and will last best in your refrigerator. 🍅

*Amy Ney is a freelance writer with a background in private land management. She lives in Haywood County and is a member of Haywood EMC.*

**Find fresh okra, tomatoes and other summer crops at your local farmers market. For one near you, visit [ncfarmfresh.com](http://ncfarmfresh.com).**





# Wow! A Simple to Use Computer Designed Especially for Seniors!

*Easy to read. Easy to see. Easy to use. Just plug it in!*



*"I love this computer! It is easy to read and to use! I get photo updates from my children and grandchildren all the time."*

– Janet F.

Have you ever said to yourself "I'd love to get a computer, if only I could figure out how to use it." Well, you're not alone. Computers were supposed to make our lives simpler, but they've gotten so complicated that they are not worth the trouble. With all of the "pointing and clicking" and "dragging and dropping" you're lucky if you can figure out where you are. Plus, you are constantly worrying about viruses and freeze-ups. If this sounds familiar, we have great news for you. There is finally a computer that's designed for simplicity and ease of use. It's the WOW Computer, and it was designed with you in mind. This computer is easy-to-use, worry-free and literally puts the world at

your fingertips. From the moment you open the box, you'll realize how different the WOW Computer is. The components are all connected; all you do is plug it into an outlet and your high-speed Internet connection. Then you'll see the screen – it's now 22 inches. This is a completely new touch screen system, without the cluttered look of the normal computer screen. The "buttons" on the screen are easy to see and easy to understand. All you do is touch one of them, from the Web, Email, Calendar to Games– you name it... and a new screen opens up. It's so easy to use you won't have to ask your children or grandchildren for help. Until now, the very people who could benefit most from E-mail and the Internet are the ones that have had the hardest time accessing it. Now, thanks to the WOW Computer, countless older Americans are discovering the wonderful world of the Internet every day. Isn't it time

you took part? Call now, and you'll find out why tens of thousands of satisfied seniors are now enjoying their WOW Computers, emailing their grandchildren, and experiencing everything the Internet has to offer. Call today!

- Send & Receive Emails
- Have video chats with family and friends
- Surf the Internet:  
Get current weather and news
- Play games Online:  
Hundreds to choose from!

**Call now toll free and find out how you can get the new WOW! Computer.**

Mention promotional code 103423 for special introductory pricing.

**1-877-748-6787**



© 2016 firstSTREET for Boomers and Beyond, Inc.



# Managing Your Move

## *Money-saving tips for newlyweds*

The big move often comes after the big day. It's an exciting (and often expensive) time. Consider these tips to streamline your move and save you money so you can fully enjoy the honeymoon phase in your new home, be it an apartment, condo or house.

### **Pare down**

Who needs two coffee makers? Identify duplicate items and move the ones that are in the best condition. Items to consider include furniture, kitchen appliances, electronics and linens. Also factor in your wedding gifts. Did you receive new dishes? You can probably ditch an old set.

If you've already been living together and are moving into a larger place after you wed, make a list of unwanted items and ask your fiancé or new spouse to do the same. When you compare lists, you'll get an idea of what doesn't need to move to your new home.

Purging now will save time later and money, especially if you are paying someone to move you. Professionals can charge per item or for weight, or both.

### **Sell and save**

Before you move, host a garage sale or sell items you don't need online to make some cash. Alternatively, donate to a local nonprofit and take the tax write-off at the end of the year.

### **Be smart with wedding gifts**

Did you receive gift cards? Wait until after you move to spend them, so you don't have to haul what you buy. For other wedding gifts received, try to keep them in the original boxes for extra protection and item information.

### **Determine moving truck size**

If you are renting a truck, many young couples moving from a small apartment or condo into a larger first home will find a 12- or 16-foot rental truck adequate. A good rule is to plan for 150 cubic feet of space for every fully furnished room. There are free apps online to help you estimate sizes and space, include Penske's Truck Wizard app. Plan to reserve your truck at least two weeks in advance. Ask about discounts when reserving: Some moving companies offer AAA discounts.

### **Pack smart**

Use sturdy boxes. You can purchase them online, at home improvement centers or through moving companies. To get free boxes, try liquor stores. They have "bottle" boxes divided into sections. These are good for housing kitchen



*Work together so you don't transport duplicate items.*

glasses, vases and other vertical breakables. At grocery stores, check with the produce department. Some boxes there, such as banana boxes, have cut-out handles for easy lifting.

Clearly label each box with its contents and room name. Consider using different colored markers for different rooms.

Pack a special box with essentials for your first night at your new home, such as lightbulbs, toilet paper, paper towels, bath towels, pillows and bed linens.

When you're tired or in a hurry, it's easy to forget how important it is to keep cushioning items as you pack. (You may decide your favorite lamp will be fine without adequate wrapping, only to arrive at your new home with a cracked lamp!) Make sure you have plenty of packing bubbles and towels on hand to wrap breakable items. Finally, tape boxes securely before transport.

### **Helping hands**

Don't be afraid to ask your friends and family to carry and pack boxes. A move is a great reason to get the wedding party together one more time. You can reward them with inexpensive beverages and pizza. 🍕

—Brandpoint



# Sweet Summer Entertaining

## Refreshing grapes boost flavor in these dishes

Alone or in a recipe, grapes are a deliciously healthy way to bring refreshing flavor to the summertime table. Delightful as a cool snack, grapes are also a great choice for your entertaining menu because they pair well with so many other ingredients.

You may be surprised by all of the combinations of flavors and textures you can achieve, from main dishes to sides and desserts. Impress your guests with this mouthwatering lineup featuring grapes that includes a grilled flank steak and an extra fresh classic salad. Although many varieties of grapes are grown in North Carolina for making wine, most “table grapes” in the U.S. are grown in California. More summer recipes are at [GrapesfromCalifornia.com](http://GrapesfromCalifornia.com).

### Grilled Flank Steak with Grapes and Blue Cheese

- |                                 |   |
|---------------------------------|---|
| 1 flank steak (2 pounds)        | ¼ cup extra-virgin olive oil                            |
| kosher salt                     | 2 bunches (8 cups) watercress, trimmed                  |
| freshly ground black pepper     | ½ cup crumbled Stilton                                  |
| 1½ tablespoons red wine vinegar | (preferred, but another blue cheese can be substituted) |
| 1 tablespoon chopped shallot    | 2 cups red grapes, halved                               |
| ¼ teaspoon Dijon mustard        |   |

Heat grill to high and oil grates.

Sprinkle steak with salt and pepper.

In small blender or food processor, combine vinegar, shallot, mustard and olive oil to make dressing. Season with salt and pepper, and puree until smooth.

Grill steak until it reaches 130 degrees for medium-rare, about 6–7 minutes per side. Transfer to cutting board and let rest 5 minutes.

In large bowl, combine watercress, salt, pepper and enough dressing to coat. Thinly slice steak across the grain and transfer to platter. Top with watercress, Stilton/blue cheese and grapes, and serve with additional dressing.

*Yield: 6 servings*

Nutritional information per serving: 376 calories; 29 g protein; 10 g carbohydrates; 24 g fat (57% calories from fat); 8.5 g saturated fat (20% calories from saturated fat); 73 mg cholesterol; 299 mg sodium; .8 g fiber.



*Flank steak is one of the more affordable cuts of meat.*



*Crunchy chow mein noodles add texture to this salad.*

### Grape and Spinach Salad with Raspberry Balsamic Dressing

- 8 cups fresh baby spinach, washed
- 4½ cups grapes
- 1¼ cups mandarin orange segments (drained, if using canned)
- ⅓ cup thinly sliced red onion
- ¾ cup bottled light balsamic vinegar and oil dressing
- ¼ cup orange juice
- 3 tablespoons raspberry jam
- ¾ cup crunchy chow mein noodles

Place spinach in large salad bowl. Top with grapes, oranges and onion.

Whisk together dressing, orange juice and jam. Pour over salad and toss until greens are coated with dressing. Top with crunchy noodles; Add noodles just before serving to maintain crunchy texture.

*Yield: 8 servings*

Nutritional information per serving: 166 calories; 3 g protein; 32 g carbohydrates; 4 g fat (22% calories from fat); .71 g saturated fat (4% calories from saturated fat); 0 mg cholesterol; 350 mg sodium; 3 g fiber.

—[FamilyFeatures.com](http://FamilyFeatures.com)



# Fourth of July

## Coloring sheet

The Energy Explorers wish you and your family a safe and Happy Fourth of July! Complete this coloring sheet and spread the message of safety.



### Safety Tips

#### Fireworks Safety Tip

Kids should NEVER play with fireworks! Only adults should handle fireworks.

#### Grilling Safety Tip

NEVER run and play near a grill! Keep a minimum of three feet between you and the grill.

#### Sunburn Safety Tip

Avoid Sunburn! Remember to apply plenty of sunscreen (SPF of 30 or higher) if you're playing outdoors.



# Preventing the Spread of Mosquitoes

## *Eight spots they might be breeding in your yard*

Mosquito season is here, and these tiny insects aren't just a nuisance, they can pose a serious health threat. There are at least 60 species of mosquitoes that call North Carolina home, some of which can carry and spread Zika virus, Chikungunya virus, West Nile virus and canine heart worm.

### Where mosquitoes breed

Female mosquitoes can lay as many as 100 eggs at a time in just a few inches of standing water, making pinpointing breeding sites a challenge. To prevent breeding in your yard, it's very important to do everything you can to eliminate standing water. A weekly inspection is a good idea, as well as encouraging your neighbors to do the same.

If you've done everything you can to help prevent mosquitoes and are still having problems, you may need a licensed professional to employ an integrated treatment. Orkin ([orkin.com](http://orkin.com)) is among pest control companies that treat for mosquitoes.

To help homeowners, entomologist Ron Harrison, Ph.D., reveals eight places mosquitoes like the most and offers advice on keeping them out of your yard.

### 1 Gutters

If enough debris collects over time, dirty gutters can clog up and create pockets of water perfect for mosquito breeding. Cleaning gutters regularly to make sure water is flowing smoothly can help keep mosquitoes from breeding close to your home.

### 2 Toys

Outdoor toys can collect water in nooks and crannies.

### 3 Flower pots

Rainwater can collect in saucers under flower pots.

### 4 Bird baths

Even though birds eat a variety of insects, standing water in bird baths



*Eliminating standing water in your yard can help protect your family against mosquitoes.*

left unchecked for days at a time can become an oasis for female mosquitoes looking for a place to lay eggs. Inspect and change the water weekly to avoid an infestation.

### 5 Rain barrels

If water is used within a few days, it will likely not be enough time to create a mosquito problem. However, if water is left standing for multiple days be prepared to find a hotbed of hungry pests.


### 6 Plants

Some plants hold water. Other shrubbery can serve as a hide-out for grown mosquitoes. In addition to blood, mosquitoes feed on nectar from flowers so they often hide in shrubbery during the day. Thinning dense shrubbery to increase air flow can help reduce the number of adult mosquitoes in your yard.

### 7 Tree cavities

Cavities in tree stumps and trunks are filled with water by rainfall, and mosquitoes may choose these holes for breeding. While it can be difficult to remove that standing water, a licensed professional can help identify and treat these areas.

### 8 Low points in the yard

Any areas lower than the rest of your yard may collect and hold standing water. Note these areas when patrolling, and inspect and drain them if necessary. 

—FamilyFeatures.com

### Resources

For information about mosquitoes, visit the North Carolina Cooperative Extension's website, [ces.ncsu.edu](http://ces.ncsu.edu), and search for "mosquitoes," or visit the North Carolina Mosquito & Vector Control Association's website at [ncmvca.org](http://ncmvca.org).





**WOW SUPER COUPON**

**SAVE \$90**

**Customer Rating** ★★★★★

**2500 LB. ELECTRIC WINCH WITH WIRELESS REMOTE CONTROL**

LOT 61258 shown  
61840/61297/68146

**BADLAND**

**\$6999** ~~\$8999~~ comp at \$159.99

34388532

LIMIT 4 - Good at our stores or HarborFreight.com or by calling 800-423-2567. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 10/25/16. Limit one coupon per customer per day.

**WOW SUPER COUPON**

**20% OFF**

ANY SINGLE ITEM

Limit 1 coupon per customer per day. Save 20% on any 1 item purchased. Cannot be used with other discount, coupon or any of the following items or brands: Inside Track Club membership, extended service plan, gift card, open box item, 3 day parking lot sale item, compressors, floor jacks, saw mills, storage cabinets, chests or carts, trailers, trenchers, welders, Admiral, Badland, CoverPro, Daytona, Diablo, Franklin, Hercules, Holt, Jupiter, Predator, Slik-Tek, StormCat, Union, Vanguard, Viking. Not valid on prior purchases. Non-transferable. Original coupon must be presented. Valid through 10/25/16.

34364675

## How Does Harbor Freight Sell GREAT QUALITY Tools at the LOWEST Prices?

We have invested millions of dollars in our own state-of-the-art quality test labs and millions more in our factories, so our tools will go toe-to-toe with the top professional brands. And we can sell them for a fraction of the price because we cut out the middle man and pass the savings on to you. It's just that simple! Come visit one of our 650+ Stores Nationwide.

**WOW SUPER COUPON**

**FREE**

WITH ANY PURCHASE

**PITTSBURGH**

**6 PIECE SCREWDRIVER SET**

LOT 61313/62583/62728  
47770/62570 shown

**\$798** VALUE

LIMIT 1 - Cannot be used with other discount, coupon or prior purchase. Coupon good at our stores, HarborFreight.com or by calling 800-423-2567. Offer good while supplies last. Shipping & Handling charges may apply if not picked up in-store. Non-transferable. Original coupon must be presented. Valid through 10/25/16. Limit one FREE GIFT coupon per customer per day.

34384190

**WOW SUPER COUPON**

**16 OZ. HAMMERS WITH FIBERGLASS HANDLE**

**PITTSBURGH**

**CLAW** **RIP**

LOT 69006 shown  
60715/60714

LOT 47873 shown  
69005/61262

**YOUR CHOICE**

**SAVE 77%**

**Customer Rating** ★★★★★

**\$399** comp at \$17.99

34297952

LIMIT 6 - Good at our stores or HarborFreight.com or by calling 800-423-2567. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 10/25/16. Limit one coupon per customer per day.

**WOW SUPER COUPON**

**2.5 HP, 21 GALLON, 125 PSI VERTICAL AIR COMPRESSOR**

LOT 69091/67847 shown  
61454/61693/62803

**CENTRAL PNEUMATIC**

**Customer Rating** ★★★★★

**SAVE \$339**

**\$15999** comp at \$499

34349380

LIMIT 3 - Good at our stores or HarborFreight.com or by calling 800-423-2567. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 10/25/16. Limit one coupon per customer per day.

**WOW SUPER COUPON**

**18 VOLT CORDLESS 3/8" DRILL/DRIVER WITH KEYLESS CHUCK**

**drillmaster**

LOT 62868/62873  
69651/68239 shown

Includes one 18V NiCd battery and charger.

**SAVE 65%**

**\$1699** ~~\$2299~~ comp at \$49.21

34361783

LIMIT 5 - Good at our stores or HarborFreight.com or by calling 800-423-2567. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 10/25/16. Limit one coupon per customer per day.

**WOW SUPER COUPON**

**RAPID PUMP® 1.5 TON ALUMINUM RACING JACK**

**PITTSBURGH**

LOT 69252/60569 shown  
68053/62160  
62496/62516

**Customer Rating** ★★★★★

• 3-1/2 Pumps Lifts  
• Most Vehicles  
• Weighs 34 lbs.

**SAVE \$60**

**\$5999** ~~\$8999~~ comp at \$119.99

34365196

LIMIT 4 - Good at our stores or HarborFreight.com or by calling 800-423-2567. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 10/25/16. Limit one coupon per customer per day.

**WOW SUPER COUPON**

**3-IN-1 ELECTRIC BLOWER VACUUM MULCHER**

**PORTLAND**

LOT 62469 shown  
62337 shown

**SAVE 29%**

**\$4499** comp at \$63.88

34337017

LIMIT 4 - Good at our stores or HarborFreight.com or by calling 800-423-2567. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 10/25/16. Limit one coupon per customer per day.

**WOW SUPER COUPON**

**TRIPLE BALL TRAILER HITCH**

**HaulMaster**

LOT 61914 shown  
61320 shown

**Customer Rating** ★★★★★

**SAVE 77%**

**\$1999** comp at \$89.99

34331680

LIMIT 6 - Good at our stores or HarborFreight.com or by calling 800-423-2567. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 10/25/16. Limit one coupon per customer per day.

**WOW SUPER COUPON**

**6.5 HP (212 CC) OHV HORIZONTAL SHAFT GAS ENGINES**

**PREDATOR ENGINES**

LOT 60363/69730  
LOT 68121/69727 shown  
CALIFORNIA ONLY

**Customer Rating** ★★★★★

**SAVE \$228**

**\$9999** ~~\$11999~~ comp at \$328

34344216

LIMIT 3 - Good at our stores or HarborFreight.com or by calling 800-423-2567. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 10/25/16. Limit one coupon per customer per day.

**WOW SUPER COUPON**

**3 PIECE DECORATIVE SOLAR LED LIGHTS**

**one stop gardens**

LOT 95588/60561  
69462 shown

**Customer Rating** ★★★★★

**SAVE 70%**

**\$899** comp at \$29.99

34368148

LIMIT 9 - Good at our stores or HarborFreight.com or by calling 800-423-2567. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 10/25/16. Limit one coupon per customer per day.

**WOW SUPER COUPON**

**30", 5 DRAWER TOOL CART**

**US-GENERAL**

LOT 69397/61427  
95272 shown

**704 lb. capacity**

**SAVE \$180**

**\$16999** comp at \$349.99

34295454

LIMIT 5 - Good at our stores or HarborFreight.com or by calling 800-423-2567. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 10/25/16. Limit one coupon per customer per day.

**WOW SUPER COUPON**

**FOLDABLE ALUMINUM SPORTS CHAIR**

LOT 62314/63066  
66383 shown

**Customer Rating** ★★★★★

**SAVE 55%**

**\$2199** comp at \$49.97

• 250 lb. capacity

34362045

LIMIT 3 - Good at our stores or HarborFreight.com or by calling 800-423-2567. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 10/25/16. Limit one coupon per customer per day.

**WOW SUPER COUPON**

**SPLIT LEATHER WORK GLOVES WITH COTTON BACK 5 PAIRS**

**HARDY**

LOT 66287 shown  
60450/62371  
62716/62714

**Customer Rating** ★★★★★

**SAVE 73%**

**\$599** comp at \$22.45

34346775

LIMIT 8 - Good at our stores or HarborFreight.com or by calling 800-423-2567. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 10/25/16. Limit one coupon per customer per day.

**WOW SUPER COUPON**

**8750 PEAK/7000 RUNNING WATTS 13 HP (420 CC) GAS GENERATORS**

**PREDATOR GENERATORS**

LOT 68530/63086  
63085/69671 shown  
LOT 68525/69677  
63087/63088  
CALIFORNIA ONLY

**Customer Rating** ★★★★★

• 76 dB Noise Level

**SAVE \$449**

**\$54999** comp at \$999

34360820

LIMIT 5 - Good at our stores or HarborFreight.com or by calling 800-423-2567. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 10/25/16. Limit one coupon per customer per day.

**WOW SUPER COUPON**

**AUTOMATIC BATTERY FLOAT CHARGER**

**CENTECH**

LOT 69594/69955/42292 shown

**Customer Rating** ★★★★★

**SAVE 82%**

**\$599** comp at \$34.99

34324706

LIMIT 6 - Good at our stores or HarborFreight.com or by calling 800-423-2567. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 10/25/16. Limit one coupon per customer per day.

• 100% Satisfaction Guaranteed • No Hassle Return Policy  
• Over 30 Million Satisfied Customers • Lifetime Warranty

• HarborFreight.com  
• 800-423-2567



# I Remember...



## This Ole Barn

This ole barn has seen many a sunrise. My daddy and uncle built it in 1951. It has endured all kinds of storms, including the iconic Hurricane Hazel in 1954.

I grew up during the stick barn era and remember very well when barns were numerous throughout the countryside.

I have many fond memories of barning tobacco back in those days, which meant mostly family and neighbors working together to get their cash crop in. I can

still remember the “squeak” of the leaves, dampened with dew, as it was looped on sticks. The talk and laughter of the ladies working at the barn. They seemed to have such a good time.

I remember my daddy almost always had a variety of soft drinks and “nabs” for break. And once in a great while, MoonPies! I remember his voice: “Don’t step on that leaf; pick it up!”

As Father Time keeps moving on, this kind of barn is almost non-existent. The few that remain are used for storage or just sitting there, triggering memories of days gone by.

This ole barn has now been taken down. It was about to fall anyway. The barn is gone, but I will always have my memories in and around this ole barn...

*David L. Whitman, Kenansville, Tri-County EMC*



## Now That's a Sweet Potato!

“Wow!” I said when we dug up our sweet potatoes.

My husband and I always had a garden. I love to plant vegetables and watch them grow. In 2008, I decided to set out some sweet potato plants. I had two rows. To enrich the garden soil, I spread some Miracle-Gro garden soil in the garden.

When it came time to dig up the potatoes, I was surprised to see how large they were. We shared some with our neighbor.

*Thelma Mae Outlaw, Windsor, Roanoke Electric*

## Boats on the ‘Front Line’

I was born and grew up on Harkers Island in the late 1930s and 1940s. During my early years there was no electricity, telephone or even a bridge to the island.

Life was all contained within a half-mile strip of land surrounded by water. I remember after Sunday dinner on December 7, 1941, my father and brothers and I went to Cape Lookout in his boat to set sink nets to fish overnight. When we returned later that evening, my mother was waiting for us at the water’s edge to tell us that President Roosevelt was going to announce to the nation that the Japanese had bombed Pearl Harbor. We had no idea where Pearl Harbor was.

World War II was a frightening time for us on Harkers Island. I remember having to cover the windows at night so light couldn’t be seen. We would be awakened at night by the noises from depth charges being dropped on enemy submarines off Cape Lookout shores. Fires lit the sky night after night.

Our boats were our only means for transportation. To get to Beaufort for supplies, we used boats. When we docked at the waterfront, we young boys would scavenge behind the grocery store. We collected the wood from orange crates to build boats we played with along the shore. And we grabbed those old, red rubber tubes to strip for sling shots and rubber pistols. As boys confined to our little world, we made our own toys and lived our Tom Sawyer lives.

*Tommy Hancock Sr., Harkers Island, Carteret Craven Electric*

## SEND US YOUR Memories

### Guidelines:

- We'll pay \$50 for those we publish in the magazine.
- Approximately 200 words.
- Digital photos must be at least 600kb or 1200 by 800 pixels.
- Only one entry per household per month.
- Send a self-addressed, stamped envelope if you want yours returned.
- We retain reprint rights.
- Include your name, mailing address and the name of your electric cooperative. Also, your phone number or email address in case of questions.
- **Online:** [carolinacountry.com/contact](http://carolinacountry.com/contact)  
**Email** (“Memories” in subject line.): [iremember@carolinacountry.com](mailto:iremember@carolinacountry.com)  
**Or by U.S. mail:** I Remember, Carolina Country, 3400 Sumner Blvd., Raleigh, NC 27616



# "To you, it's the perfect lift chair. To me, it's the best sleep chair I've ever had."

— J. Fitzgerald, VA

Easy-to-use remotes for  
massage/heat and recline/lift



Sit up, lie down —  
and anywhere  
in between!

Complete  
with battery  
backup in  
case of power  
outage

We've all had nights when we just can't lie down in bed and sleep, whether it's from heartburn, cardiac problems, hip or back aches – it could be a variety of reasons. Those are the nights we'd give anything for a comfortable chair to sleep in, one that reclines to exactly the right degree, raises feet and legs to precisely the desired level, supports the head and shoulders properly, operates easily even in the dead of night, and sends a hopeful sleeper right off to dreamland.

**Our Perfect Sleep Chair® is just the chair to do it all.** It's a chair, true – the finest of lift chairs – but this chair is so much more! It's designed to provide total comfort and relaxation not found

in other chairs. It can't be beat for comfortable, long-term sitting, TV viewing, relaxed reclining and – yes! – peaceful sleep. Our chair's recline technology allows you to pause the chair in an infinite number of positions, including the Trendelenburg position and the zero gravity position where your body experiences a minimum of internal and external stresses. You'll love the other benefits, too: It helps with

correct spinal alignment, promotes back pressure relief, and encourages better posture to prevent back and muscle pain.

**And there's more!** The overstuffed, oversized biscuit style back and unique seat design will cradle you in comfort. Generously filled, wide armrests provide enhanced arm support when sitting or reclining. The high and low heat settings along with the dozens of massage settings, can provide a soothing relaxation you might get at a spa – just imagine getting all that in a lift chair! Shipping charge includes white glove delivery. Professionals will deliver the chair to the exact spot in your home where you want it, unpack it, inspect it, test it, position it, and even carry the packaging away! Includes one year service warranty and your choice of fabrics and colors – Call now!

## The Perfect Sleep Chair®

Call now toll free for our lowest price.

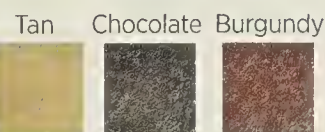
Please mention code 103422 when ordering.

**1-888-602-3060**



This lift chair  
puts you safely  
on your feet!

*Long Lasting  
DuraLux Leather*



*DuraLux II  
Microfiber*



© 2016 firstSTREET for Boomers and Beyond, Inc.





The Wilmington, Brunswick and Southern Railroad was a 30-mile line that ran from Navassa to Southport between 1911 and 1942. Called the "Willing But Slow" by locals, the struggling line was shut down early in World War II, and the U.S. War Department recycled its steel tracks for the war effort.

## SOLVE IT

Given these equations, can you find the value of SOLVED?

$$SO^2 = LVED$$

$$O + E = S$$

$$L + L = O$$

$$E + E = L$$

$$S + O = V$$

$$S - O = E$$

$$L + O = D$$

## WORD FOR WORD

To change **COME** to **GO** spell a new word in each step

**C O M E**

change a letter \_ \_ \_ \_

change a letter \_ \_ \_ \_

drop a letter \_ \_ \_

change a letter \_ \_ \_

drop a letter **G O**

## Conservation Conversation

I often see a purple tree;  
I hope to often see one —  
and you can take it straight from me,  
I'd rather see than saw one.

— egj



## DID YOU KNOW?

The Carolinas are the only states where                      
i n r e b

                                        grow wild.  
s c t l m u a b

Use the capital letters in the code key below to fill in the blanks above.

A E F L N P R S T U V Y means  
u n s c r a m b l e i t



## Second Thought on a First Line

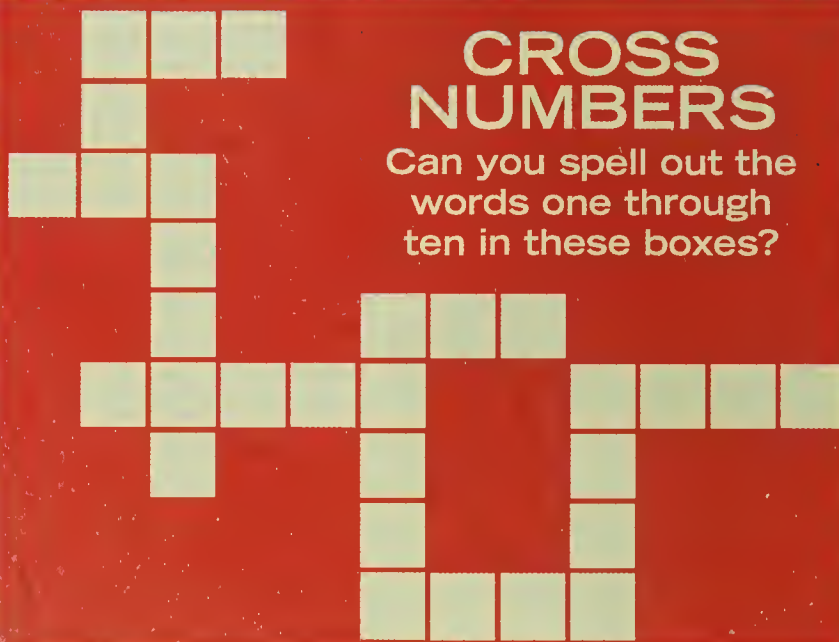
"Be near me when my light is low"\*  
I would be basking in thy glow.

— cgj

\* Alfred, Lord Tennyson

## CROSS NUMBERS

Can you spell out the words one through ten in these boxes?





# Introducing...The World's Best Nail Clippers!

## EZ Grip Nail Clippers

Extra Large  
Finger Loops Are  
The Secret

EZ Grip Nail  
Clippers Won't  
Slip Or Slide!

Folds For  
Compact  
Storage

Fingernail

Toenail

**FREE**  
Shipping &  
Handling  
when buying 2 or more  
**FREE**  
SURPRISE GIFT  
with every  
order

## PROFESSIONAL QUALITY CLIPPERS!

Keep nails in salon condition with these unique ultra-sharp EZ grip clippers. Won't slip 'n slide like ordinary clippers, preventing accidental nicks. Exclusive dual finger loop design is the secret. Crafted of durable chromed steel to last & last. Toenail clipper is 4 1/4" L & the Fingernail clipper is 3" L; both have precision sharp cutting edges. Hurry, order today and Shipping & Handling is **FREE** when ordering 2 or more!

Satisfaction Guaranteed or Return For Your Money Back

### EZ Grip Nail Clippers

#82472	Toenail Clipper(s) @ \$6.99 ea.	\$
#96865	Fingernail Clipper(s) @ \$4.99 ea.	\$
CA residents must add 7.5% sales tax		\$
Add \$3.95 Regular Shipping and Handling 1st item		
<b>FREE Shipping &amp; Handling</b> when buying 2 or more		\$
<input checked="" type="checkbox"/>	<b>FOR EXPEDITED SHIPPING (optional)</b> Add An Additional \$2.95 (receive your order 5-7 days from shipment)	\$ 2.95
Check or money order payable to: Dream Products, Inc. Send Order To: 412 Dream Lane, Van Nuys, CA 91496		<b>TOTAL</b> \$

☐ VISA ☐ MasterCard ☐ Discover®/NOVUS™ Cards

Card#

Exp. Date

**Dept.**  
**72696**

Name

Address

City

ST

Zip

Daytime Phone #

Email Address

**DreamProducts.com**

(website offers  
may vary)

OR

ORDER NOW  
TOLL-FREE

**1-800-530-2689**



Sleep EZ Helps You

# Sleep Better, Breathe Easier!

Specially  
Designed  
Mouthpiece

Helps Provide All Night Relief From

**SNORING,  
SLEEP APNEA  
& ALLERGIES**

**NON-STOP RELIEF!**

**Works For As Long As You Wear It!**

Only \$999

**FREE SHIPPING & HANDLING**  
When you buy two!

Snoring can be a nightmare for those trying to sleep in the same room with you, and chronic snoring can cause a multitude of health problems – from stroke to heart attack. Sleep EZ is a specially designed mouthpiece that helps give you night after night of peaceful, snoreless sleep, by gently keeping the nasal passages open while you rest. Completely reusable nasal dilator comes with handy carry case. One size fits all.

**RECEIVE A FREE SURPRISE GIFT with every order**

Satisfaction Guaranteed or Return For Your Money Back

### Sleep EZ

#82440	Sleep EZ(s) @ \$9.99 ea.	\$
CA residents must add 7.5% sales tax		\$
Add \$4.95 Shipping & Handling for 1st item		
<b>FREE Shipping &amp; Handling with 2 or more</b>		\$
<input checked="" type="checkbox"/>	<b>FOR EXPEDITED SHIPPING (optional)</b> Add An Additional \$2.95 (receive your order 5-7 days from shipment)	\$ 2.95

Check or money order payable to: Dream Products, Inc.  
Send Order To: 412 Dream Lane, Van Nuys, CA 91496

**TOTAL** \$

☐ VISA ☐ MasterCard ☐ Discover®/NOVUS™ Cards

Card#

Exp. Date

**Dept.**  
**72697**

Name

Address

City

ST

Zip

Daytime Phone #

Email Address

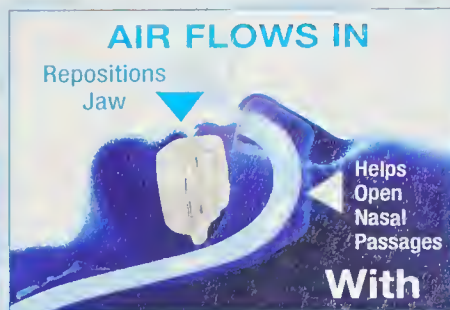
Airway Is **RESTRICTED**



**Without**

**AIR FLOWS IN**

Repositions  
Jaw



**With**

Helps  
Open  
Nasal  
Passages



# July Events



**Summer Concert Series**  
July 2, 9 & 23, Todd

## Mountains

### Summer Concert Series

July 2, 9 & 23, Todd  
828-263-6173  
toddnc.org

### Fireworks Extravaganza

July 4, Blowing Rock  
877-893-3874  
tweetsie.com

### NC Blackberry Festival

July 9, Lenoir  
828-726-0616  
ncblackberryfestival.com

### Fiddlers Convention

July 15–16, Sparta  
336-372-5473  
alleganyfiddlersconvention.com

### Dora the Explorer & Go, Diego, Go

Costumed characters meet kids  
July 15–17, Blowing Rock  
877-893-3874  
tweetsie.com

### Carolina Symphony Players

July 16, West Jefferson  
336-846-2787  
ashcountysymphony.org

### Blue Ridge Mountain Arts & Crafts Fair

July 22–23, Sparta  
336-372-5473  
manah@skybest.com

### Bluegrass & Old Time Fiddlers Convention

July 22–23, West Jefferson  
336-846-2787  
ashfiddlersconvention.org

### Ease into Freedom Book Reading

July 23, Asheville  
800-441-9829  
malaprops.com

### Quilt Show & Celebration

July 29–30, Sparta  
336-359-2111  
alleganyquiltersguild.com

### U.S. 21 Road Market

Antiques, equipment, household goods sold  
July 29–31, Harmony, N.C., to Wytheville, VA  
336-372-5646  
us21roadmarket.org

## ONGOING

### Mile High Fourth of July

Pig roast, parade, sack races, live music  
July 1–4, Banner Elk & Beech Mountain  
800-468-5506  
milehighfourth.com

### Woody's Original Mountain Music

Fridays, Marion  
828-290-2377  
woodysmountainmusic.com



**Fiddlers Convention**  
July 15–16, Sparta

### Little Shop of Horrors

Dark musical comedy  
July 2–3, 8–10, 15–16, Burnsville  
828-682-4285  
www.parkwayplayhouse.com

### Mountain Gateway Music Jam

Saturdays, Old Fort  
828-290-2377  
mountaingatewaymuseum.org

### K-9s in Flight Frisbee Dogs

July 23–31, Blowing Rock  
877-893-3874  
tweetsie.com

### Dobson Cruise-In

Classic cars at the courthouse  
Second Saturday through Sept. 10, Dobson  
336-648-2309

## Piedmont

### Independence Day Celebration

Entertainment, food  
July 2, Henderson  
866-438-4565  
kerlake-nc.com

### Canoe & Kayak Tour

Exploring Mayo Lake  
July 2, Roxboro  
336-597-7806  
www.personcounty.net

### Fourth of July Celebration

Parachute demos, live music  
July 4, Fort Bragg  
910-396-9126  
bragg.armymwr.com/us/bragg

### Fourth of July Celebration

Giant sprinkler for kids, food  
July 4, Hamlet  
910-582-2651  
Hamletnc.us/funforth

### Parade & Party in the Park

July 4, Hope Mills  
910-426-4110  
townofhopemills.com

### Firecracker 4 Miler

Run through historic parks  
July 4, Fayetteville  
910-483-5311  
its-go-time.com

### Birdman Dave with Amazing Birds

Summer show for kids  
July 8, Roxboro  
336-597-1709  
www.personcounty.net

### Because of Winn Dixie

Comedy drama movie  
July 8, Roxboro  
336-597-1709  
www.personcounty.net



## Carolina Compass Policy

- We list events in the magazine as space allows and may edit as needed. We list more events on [carolinacountry.com](http://carolinacountry.com) in the Carolina Adventures section.
- All submissions must be made on [carolinacountry.com](http://carolinacountry.com) in Carolina Adventures/Submit an Event. Deadlines are posted there, too. **(No email or U.S. Mail.)**
- Public venue events only. **(No business-hosted events.)**
- Limit 3 events per venue per month in the magazine. More posted online.
- For accuracy, ongoing events must be submitted monthly.
- Public contact required: website, email or phone number.



### Listing Deadlines:

For Sept.: July 25  
For Oct.: Aug. 25

### Submit Listings Online:

Visit [carolinacountry.com](http://carolinacountry.com) and click "Carolina Adventures" to add your event to the magazine and/or our website.



**KNOW BEFORE YOU GO**

In case something changes after Carolina Country goes to press, check information from the contact listed.

**Annual Canoe & Kayak Race**

July 9, Roxboro  
336-597-7806  
[www.personcounty.net](http://www.personcounty.net)

**Coastal Plain League All-Star Game**

July 10–11, Fayetteville  
910-426-5900  
[goswampdogs.com](http://goswampdogs.com)

**Fred Motely Presents Jack Tales**

Summer show for kids  
July 15, Roxboro  
336-597-1709  
[www.personcounty.net](http://www.personcounty.net)

**African World Peace Festival**

Cultural parade, dance performers  
July 16, Fayetteville  
910-488-2401  
[africanfestivalfay.com](http://africanfestivalfay.com)

**Vendor & Craft Fair**

July 16, Roxboro  
336-514-8689  
[apsofpc.org](http://apsofpc.org)

**A Soulful Night of Keys**

Three musicians perform  
July 22, Fayetteville  
910-302-8809  
[michellesjazzcomedyent.com](http://michellesjazzcomedyent.com)

**Fayetteville After 5**

Entertainment acts  
July 22, Fayetteville  
910-323-1934  
[faydogwoodfestival.com](http://faydogwoodfestival.com)

**Classic Car Show**

July 22, Fayetteville  
910-323-1776  
[theartscouncil.com](http://theartscouncil.com)



**Fred Motely Presents Jack Tales**  
Summer show for kids  
July 15, Roxboro

**Professor Parsnip's Lab of Health Choices**

Summer show for kids  
July 22, Roxboro  
336-597-1709  
[www.personcounty.net](http://www.personcounty.net)

**Greater Greensboro Foosball Open**

July 22–23, Greensboro  
336-325-3183  
[bonziniusa.com](http://bonziniusa.com)

**Create Your Own Tar Kiln**

July 29, Fayetteville (Lake Rim Park)  
910-433-1018  
[fcpr.us](http://fcpr.us)

**Christian Women's Conference**

Keynote Speaker Gary Chapman  
July 29–30, Fayetteville  
910-425-7574  
[daughtersofchristministry.org](http://daughtersofchristministry.org)

**The 100% Outrageous Clean Comedy Show**

July 30, Fayetteville  
910-302-8809  
[michellesjazzcomedyent.com](http://michellesjazzcomedyent.com)

**Downtown Architecture**

Presentation, walking tour  
July 30, Fayetteville  
910-433-1457  
[fcpr.us](http://fcpr.us)

**ONGOING****Parlor to Parlor**

Funeral Traditions of the Cape Fear  
Through Dec. 31, Fayetteville  
910-486-1330  
[museumofthecapefear.ncdcr.gov](http://museumofthecapefear.ncdcr.gov)

**Antiques Festival**

July 1–5, Denton  
336-859-4231  
[townofdenton.com](http://townofdenton.com)

**Next Stage Summer Play Festival**

July 22–26, Fayetteville  
910-678-7186  
[gilberttheater.com](http://gilberttheater.com)

**Colorful Language**

Gallery of Arts  
July 25–Aug. 21, Hillsborough  
919-732-5001  
[hillsboroughgallery.com](http://hillsboroughgallery.com)



**Fourth of July at the Old Bridge**  
July 4, Sunset Beach

**Coast****Fourth of July at the Old Bridge**

July 4, Sunset Beach  
910-363-6585  
[oldbridgepreservationsociety.org](http://oldbridgepreservationsociety.org)

**Celebration with 440th Army Band**

July 4, Manteo  
252-475-1500  
[roanokeisland.com](http://roanokeisland.com)

**Gary Lowder & Smokin' Hot**

SummerFest outdoor concert  
July 7, Shallotte  
910-754-4032  
[townofshallotte.org](http://townofshallotte.org)

**OBX Island Opry**

Performers include Emily West  
July 7, Manteo  
252-423-3039  
[islandopry.com](http://islandopry.com)

**North Tower Band**

SummerFest outdoor concert  
July 14, Shallotte  
910-754-4032  
[townofshallotte.org](http://townofshallotte.org)

**Flea Mall Pro Rodeo**

July 15–17, Newport  
252-223-4019  
[newportfleamall.com](http://newportfleamall.com)

**ONGOING****River Rambling on the Cashie River**

Pontoon boat tour  
July 9, 16, 23, 30, Windsor  
252-794-2001  
[jhuff@embarqmail.com](mailto:jhuff@embarqmail.com)

**Gardens of North Carolina**

Flower beds, kitchen gardens  
Through July 4, New Bern  
800-767-1560  
[tryonpalace.org](http://tryonpalace.org)



**North Tower Band**  
SummerFest outdoor concert  
July 14, Shallotte

There are more than 250 farmers markets in North Carolina. For one near you, visit [ncfarmfresh.com/farmmarkets.asp](http://ncfarmfresh.com/farmmarkets.asp)



# CAROLINA COUNTRY adventures



## Say Cheese!

*North Carolina's cheese trail will make you smile*

*By Leah Chester-Davis*

The growing number of cheesemakers in the state is a welcome addition for the farm-to-table scene. The world of cheese usually offers something for all ages to love, from the pickiest of eaters to those with a discerning palate. With nearly 40 artisan and farmstead cheesemakers calling North Carolina home, you're sure to find a favorite.

Most of the cheesemakers on the N.C. Cheese Trail are located in the Piedmont and Sandhills region of the state, though High Mountain Meadows Farm & Creamery is the westernmost outlier, located in Clay County. Holly Grove Farms (Tri-County EMC territory) is the farthest east on the map, located near Mt. Olive, about an hour south-east of Raleigh. A different trail, the WNC CheeseTrail ([wnccheesetrail.org](http://wnccheesetrail.org)) covers the Western North Carolina mountain region and foothills.

While the N.C. Cheese Trail is relatively new at about two years old, some of the dairies have been around awhile and have developed quite a following, such as the Goat Lady Dairy in Climax and Chapel Hill Creamery in Chapel Hill. Many cheesemakers along the trail are

located near some of the state's wineries, which make for an enjoyable day visit. After all, cheese and wine are a quintessential pairing.

Knowledge of two terms will be useful when exploring the trail: artisan and farmstead. Artisan or artisanal cheese implies that a cheese is produced primarily by hand, in small batches. Artisan cheese may be made from all types of milk. The cheesemaker may not be the farmer.

Farmstead cheese signals that the cheese is made with milk from the farmer's own herd where the animals are raised. It, too, most likely will be artisanal and made in small batches.

Owners of two dairies on the trail — Buffalo Creek Farm and Paradox Farm Creamery — spearheaded the effort to organize cheesemakers in the Piedmont and Sandhills to create the N.C. Cheese Trail. Their goal is to promote cheese and cheesemaking and to help more people become aware of quality, locally produced cheese. Most of the producers are small dairies and the trail gives them an opportunity to share their story and cheese with a broad audience, says Sue Stovall with Paradox Farm Creamery, located in

### Know Before You Go

Before setting out, take a look at the North Carolina Cheese Trail website at [nccheesetrail.com](http://nccheesetrail.com), which links to individual farms. Farm hours vary and some aren't open to the public, although cheesemakers often set up stalls at local farmers markets, with samples available to try before purchasing. Many local cheese products also can be found in stores statewide.

West End (Randolph EMC territory).

Along the trail, visitors will find a wide range of cheese flavors, primarily made from cows and goats milk (although Fading D Farm, outside Salisbury, has a water buffalo dairy herd, the only one in the state).

The N.C. Cheese Trail is part of a thriving value-added dairy industry in the state, according to the N.C. Department of Agriculture and Consumer Services. While the state's cheese business is small compared to other states like Vermont and Wisconsin, it is the largest in the Southeast, with 38 cheese makers making a \$10 million impact on the state's economy.

"The N.C. Cheese Trail is a great introduction to local food and healthy eating," Stovall says. "One taste and you can tell the difference!" ☺

*Leah Chester-Davis has her own business, Chester-Davis Communications ([chester-davis.com](http://chester-davis.com)), specializing in food, farm and lifestyle brands and organizations.*



This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by July 6 with your name, address and the name of your electric cooperative.

**Online:** [carolinacountry.com](http://carolinacountry.com)

**By email:** [where@carolinacountry.com](mailto:where@carolinacountry.com)

**Or by mail:** Where in Carolina Country?  
P.O. Box 27306  
Raleigh, NC 27611

*Multiple entries from the same person will be disqualified.*

The winner, chosen at random and announced in our August issue, will receive \$25. To see the answer before you get your August magazine, go to "Where Is This?" on our website [carolinacountry.com](http://carolinacountry.com).

**WHERE IN  
CAROLINA COUNTRY  
IS THIS?**



**June**



### June winner

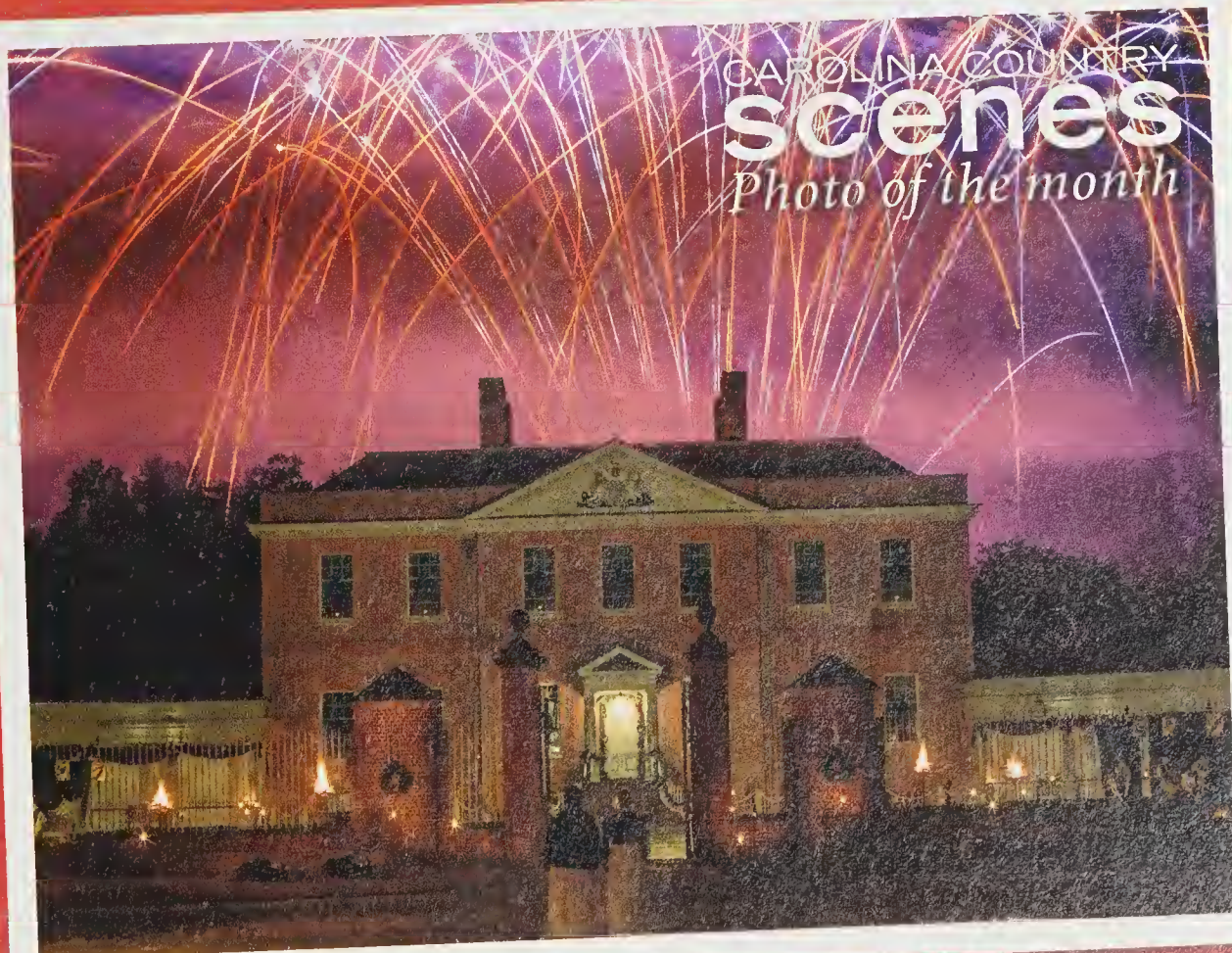
The June Where is This photo taken by Karen House is one that's hard to miss for those traveling north on Highway 98 between Wake Forest and Bunn. This tail end of a plane is planted in the ground about 1.5 miles south of Bunn in Franklin County. Deborah Barbour of Louisburg commented that she often wonders where the rest of the plane is and how it got there. If any readers know the answer to Deborah's question, please share! (Email us at [editor@carolinacountry.com](mailto:editor@carolinacountry.com).) The winning entry chosen at random from all the correct submissions came from Wake Electric member Anne Hunt of Youngsville.

### Eve of Revolution

Black powder fireworks shoot off during the "Eve of Revolution" at Tryon Palace.

*Joseph Tello  
Hillsborough  
Piedmont EMC*

The Photo of the Month comes from those that scored an honorable mention from the judges in our 2016 photo contest ("Carolina Country Scenes," February 2016). See even more at the Photo of the Week on our website [carolinacountry.com](http://carolinacountry.com).







# Cutting Energy Waste

*Load up on savings with these laundry tricks*

*By Pat Keegan and Amy Wheelless*

The average American family washes about 300 loads of laundry per year, and all that laundry uses a lot of energy. Here are some easy ways to reduce your energy use in the laundry room.

## Consider buying more efficient appliances.

Washers with Energy Star® certification use about 40 percent less water and 25 percent less energy than standard washers. Energy Star washers can be top-loading or front-loading machines; however, front-loading machines are generally more water and energy efficient. Energy Star dryers use 20 percent less energy than standard dryers.

## Get out of hot water.

Almost 90 percent of the energy consumed by your washer is used to heat water—but most loads can be just as easily cleaned with cold water. Cooler water is also easier on your clothes. If you need to use hot or warm water on a particularly dirty load of laundry, a well-insulated water heater will help decrease the costs of using warmer water.

## Do fewer loads!

When possible, wash a full load of clothes. When you must do a smaller load of laundry, adjust your machine's water level settings.

## Spin hard.

A great way to reduce the amount of drying time is to wring as much water out of your laundry as possible in the washing machine first. Use a high spin setting. Also, don't overfill the dryer.

## Use your dryer's features.

If your dryer has a moisture sensor, use it rather than guessing how long loads will need to dry. A dryer's cool-down cycle uses the residual heat to finish drying your clothes, without using as much energy.

## Dry like with like.

Heavy fabrics, like towels and blankets, should be dried separately from lighter fabrics, such as T-shirts.

## Live lint free.

Clean the lint trap on your dryer regularly to help air circulation. Periodically use a vacuum nozzle to clean under or behind the lint filter, where lint can also get caught. If you use dryer sheets, scrub the filter clean about once a month—dryer sheets can leave a film on the filter that reduces air flow.

## Remember safety.

Inspect your outside dryer vent regularly to make sure it is not blocked, and periodically work with a professional to clean your dryer ducts. Making sure the duct and vent are clear helps your dryer work more efficiently, and can also prevent a fire—more than 15,000 fires per year are sparked by clogged dryer ducts and vents. If possible, move the dryer closer to an exterior wall to shorten the dryer duct and ensure the duct is as straight as possible. This reduces potential clogging and increases efficiency.

## Use your solar-powered dryer.

Air drying clothes definitely cuts energy use! You can also tumble dry clothes until damp, then line dry them until fully dry. This step can prevent that “crunchy” feel that line-dried clothes can have. ☺

*This column was co-written by Pat Keegan and Amy Wheelless of Collaborative Efficiency. Patrick Keegan writes on energy efficiency for the National Rural Electric Cooperative Association, the Arlington, Va.-based service arm of the nation's 900-plus consumer-owned, not-for-profit electric cooperatives. For more tips, visit [collaborativeefficiency.com/energytips](http://collaborativeefficiency.com/energytips).*



## NEED A ROOF?

### BUY DIRECT FROM OUR FACTORY

100%  
Financing  
wac



Free  
Estimate

# 800.505.3241

[AffordableMetalRoofingCarolinas.com](http://AffordableMetalRoofingCarolinas.com)

**Arco Steel Buildings**  
1-800-241-8339

40x60x10.....	\$10,989
50x75x12.....	\$15,565
60x100x12.....	\$22,564
100x75x12 w/column .....	\$27,933
20x100x8'6" Mini Warehouse .....	\$ 8,329

**ALL SIZES AVAILABLE!**  
[www.arcosteel.com](http://www.arcosteel.com)

**37** **Years**  
Arco Building Systems, Inc.

(FOB PLANT - LOCAL CODES MAY AFFECT PRICES - BUILDINGS NOT AS SHOWN ABOVE)

## MOBILE HOME EXTERIORS

- Steel & Rubber Roofing Systems Available
- Insulated Roofing Systems
- Premium Vinyl Siding
- Vinyl Replacement Tilt-in Windows
- Financing Available W.A.C.

For a **FREE** No Obligation Estimate Call:  
**1-800-849-5715**  
[www.MobileHomeExteriors.com](http://www.MobileHomeExteriors.com)

**\$10,195 - 30x50x10** Painted Enclosed Built Price (Not Shown)

**NATIONAL BARN COMPANY**  
EASTERN DIVISION

STORAGE BUILDINGS  
HAY BARN  
HORSE BARN  
GARAGES

Ask about our do-it-yourself materials kits.

Hurricane Upgrade E of I-95 • Fully Insured • #1 Metal • Custom Sizes  
4/12 roof pitch • Engineered trusses • Local codes/freight may affect prices

[www.nationalbarn.com](http://www.nationalbarn.com)  
1-888-427-BARN (2276)

## Pioneer Steel Buildings

### at factory direct prices!

**MADNESS SALE** All Buildings. All Models.  
You'll Think We've GONE MAD DEALS!  
SEE WEBSITE DETAILS.

**CRAZY PRICES**

**800-668-5422** **PIONEER**  
STEEL BUILDINGS SINCE 1980 [PIONEERSTEEL.COM](http://PIONEERSTEEL.COM)

## LOW COST

### Term Life Insurance

Issue ages through 90

AGE	\$100,000	\$250,000
45	12.78	22.75
55	16.19	31.28
65	31.06	68.47

Rates figured on monthly cost for female non-tobacco users

**BRANDON RAMLET**  
**(888)770-9110**  
GLAIC FORM NO. GE-1420

## Lifetime Roofing

by VACAROLINA BUILDINGS

Lifetime Warranty  
Financing Available  
Energy Efficient  
Low Maintenance  
Hail Resistant

**SUMMER SAVINGS!**

[www.metalroofover.com](http://www.metalroofover.com)  
**1-800-893-1242**  
Call NOW for a **FREE** roof inspection!

## MobileHomeRoofing.net

by VACAROLINA BUILDINGS

Roofing  
Vinyl Siding  
Windows

FINANCING AVAILABLE! (w.a.c.)

**CO-OP MEMBER DISCOUNT!**

Call for a free, no obligation estimate!  
**CALL NOW! 1-800-767-1591**

A Trusted Partner in Line Technician Training... and Now a Trusted Partner in Online Education

**Nash** online

[www.nashcc.edu/online](http://www.nashcc.edu/online)

## ATTENTION MOBILE HOME OWNERS

**EXPERT INSTALLATION**  
**LIFETIME WARRANTY**  
**REDUCED ELECTRIC BILL** **INCREASED HOME VALUE**  
**INSURANCE CREDIT** **STOP LEAKS**  
**NO MORE ROOF TUMBLE**

**PERMA-ROOF®**  
from **Southern Builders**

ASK ABOUT ENERGY STAR

Since 1982  
[roofover.com](http://roofover.com)  
**800.633.8989**



# Instant Water Heaters

**Q:** I need to replace my water heater soon. My husband wants an instant water heater because he suspects it will get hot water to our bathroom faster and will never run out of hot water like our current tank system. Does this sound reasonable?

**A:** Imagining showers with instant and infinite hot water is very alluring. Sometimes a water heater can provide this magical shower experience, although there are a number of factors, including fuel source, size and location that also need consideration.

Instant water heaters — also known as on-demand or tankless water heaters — supply hot water on an as-needed basis. Since these water heaters do not store water, there is no energy wasted on heating water when you don't need it. Tankless water heaters are often wall-mounted and much smaller than a storage or tank water heater. Energy Star®-labeled models are available and indicate higher quality performance and energy-efficiency.

## Waiting for hot water

The distance between the water heater (tank or tankless) and where you want to use hot water determines how much time it takes for the hot water to arrive. For some tankless water heaters, water must flow through the unit at a particular rate before heating begins, which can be annoying and can waste more water.

In some cases, a water heater (tank or tankless) can be relocated closer to bathrooms, the kitchen or laundry room to minimize the wait time and wasted water. Another alternative is to add a hot water circulation system.

## Endless hot water

While it is true that tankless water heaters can supply endless hot water, there's a strong temptation to use more than you need which, depending on fuel costs, may burn a hole in your pocket. Another consideration with tankless water heaters is the flow rate (gallons of hot water per minute). With most tank water heaters, you can shower and run the dishwasher simultaneously without giving it a second thought. Tankless water heaters have limitations for simultaneous hot water use and need to have a flow rate that can accommodate your typical household hot water habits.




## Benefits

For some households and vacation properties, tankless water heaters can be an excellent investment to reduce water and reduce energy use. Though more expensive than tank water heaters, tankless water heaters may last 20 years while tank water heaters typically range from 10 to 15 years.

## Considerations

People usually either love or hate their tankless water heaters. Often the hatred comes from misguided expectations and unforeseen limitations, like one person being able to shower at any given time or the need for a low-flow shower-head to help increase water pressure. There is no one-size-fits-all answer, but with a reputable installer and a bit of research about fuel source, flow rate, and location, a tankless water heater may provoke love.

Before making an expensive purchase, look at your entire water heating system for solutions. In addition to the type of water heater used, low-flow fixtures and Energy Star-labeled clothes washers and dishwashers can ensure a comfortable and affordable experience for years to come. 

## For more information visit:

Smarter House: [bit.ly/smarterhouse](http://bit.ly/smarterhouse)

U.S. Department of Energy, Energy Savers: [bit.ly/tanklesswater](http://bit.ly/tanklesswater)

*Hannah McKenzie is a residential building science consultant for Advanced Energy in Raleigh.*



## Vacation Rental

**BEACH HOUSE, N. Myrtle Beach, SC.** 4BR/2B, sleeps 12-14. 828-320-5173. Details at [flyinghigh333.com](http://flyinghigh333.com) or [bnagel1936@gmail.com](mailto:bnagel1936@gmail.com)

**HIGH MOUNTAIN CREEKSIDE CABINS:** Relax in one of our private, family-owned vacation homes near NC/VA border. All the amenities of home plus hot tub. Call/text 336-877-7897 or 800-238-8733. [www.gocreeksidecabins.com](http://www.gocreeksidecabins.com)

**MYRTLE BEACH, 2/BR HOUSE OCEAN LAKES CAMPGROUND, NO PETS!** \$900/week (peak season). Call or text 336-242-3003.

**ATLANTIC BEACH OCEANFRONT CONDO,** breathtaking view. 1/BD, 1 1/2 /BA, \$75.00. 816-931-3366.

**BEACH APARTMENT, NORTH MYRTLE BEACH, SC.** 1BR/1B. Sleeps 5. 843-685-7716.

**BEAUTIFUL OCEANFRONT RENTALS...** Best value in Indian Beach, NC. Each 2bdm/1bath & sleeper sofa includes all the comforts of home. Large oceanfront deck and private steps to the beach. On the sound side, pier, dock, shelter, playground, picnic benches, and boat ramp facility. Visit our website to view our beachfront rentals: [www.oceanfrontvaluerentals.com](http://www.oceanfrontvaluerentals.com) or call 1-800-553-(SURF) 7873.

## Real Estate

**3BR/2BA nearly complete log home** near Banner Elk, NC for under \$120,000. Fast track contractor investment or DIY homeowner. Contact: 919-801-6797 or [facultytst@earthlink.net](mailto:facultytst@earthlink.net)

**WE BUY VACANT LOTS, RAW LAND & HOUSES.** Quick Cash—Call Bobby 843-410-8732 [www.unwantedland.com](http://www.unwantedland.com)

## Gold Maps

**FUN, HOW TO PAN.** Carolinas, Virginia, Georgia, Alabama, California. 1-407-282-3594. [WWW.GOLDMAPS.COM](http://WWW.GOLDMAPS.COM)

## For Sale

**PROBLEM SKIN?** My Goatmilk soaps and lotions may help! 704-698-8599.

**SHOPSMITH MARK 5** with most attachments, \$500 or best offer. 239-398-8267

**A book of collected "You Know You're From Carolina Country If..."** submissions from Carolina Country magazine readers. You know you're from Carolina country if you say "Laud ham mercy!" 96 pages, illustrated, 4 by 5 1/2 inches. Only \$7 per book (includes shipping and tax). Send payment to "You Know," Carolina Country, PO Box 27306, Raleigh, NC 27611. Or buy with a credit card at our secure online site at [www.carolinacountry.com](http://www.carolinacountry.com).

**"CAROLINA COUNTRY REFLECTIONS"** More than 200 photographs showing life in rural North Carolina before 1970. Each picture has a story. Hardcover, coffee table book, 160 pages. Only \$15 (includes tax and shipping). Comes with free cookbook. Send payment to "Reflections," Carolina Country, PO Box 27306, Raleigh, NC 27611. Or buy online at [www.carolinacountry.com](http://www.carolinacountry.com).

## Miscellaneous

**EXCHANGE STUOENT PROGRAM** Looking for volunteer host families for 2016-2017! [kami.worldheritage@gmail.com](mailto:kami.worldheritage@gmail.com) 980-210-5478

**PLAY GOSPEL SONGS BY EAR**—\$12.95. "Learn Gospel Music." Chording, runs, fills—\$12.95. Both \$24. Davidsons, 6727C Metcalf, Shawnee Mission, Kansas 66204. 913-262-4982.

**FREE BOOKS/OVDs—SOON THE "MARK"** of the beast will be enforced as church and state unite! Let the Bible reveal. The Bible Says, POB 99, Lenoir City, TN 37771. 1-888-211-1715. [thebiblesaystruth@yahoo.com](mailto:thebiblesaystruth@yahoo.com)

**FARM FENCING** Watterson Tree Farm installs any type field fencing, especially woven wire with wooden posts, and board fencing. website [www.farmfencenc.com](http://www.farmfencenc.com) David 240-498-8054 email [treefarmnc@yahoo.com](mailto:treefarmnc@yahoo.com)

The N.C. Association of Electric Cooperatives and its member cooperatives do not necessarily endorse the services and products advertised. Readers are advised to understand fully any agreement or purchase they make.

Pre-Assembled - Installs in Minutes! **CasCade 5000** Floating POND FOUNTAIN! Aerator  
Now Available Factory Direct! MSRP (\$1100) You Pay \$698.95! Complete with light & timer, 100 ft power cord, 1yr warranty!  
Call 7days/week! FAST UPS shipping right to your door! (608) 254-2735 [www.fishpondaerator.com](http://www.fishpondaerator.com)

**RENEGADE** STEEL BUILDINGS, INC.  
All Sizes Available 25 Yr. Warranty  
**30x40x10**  
Starting at \$8,400\*  
Includes: 10x8 Commercial Roll Up Door & One 3070 Walk Door  
\*Freight Not Included  
[renegadebuildings.com](http://renegadebuildings.com) 877.363.4233

20th ANNIVERSARY  
**PREMIER** BUILDING SYSTEMS, INC.  
CUSTOM STEEL BUILDINGS AT ANY SIZE  
AGRICULTURE  
COMMERCIAL  
INDUSTRIAL  
MINI STORAGE  
30 x 40 x 10 \$7,499.00  
40 x 75 x 12 \$12,999.00  
50 x 100 x 12 \$18,799.00  
60 x 125 x 12 \$25,999.00  
Mini Storage 20' x 100' x 8' 6" \$7,299.00  
Prices subject to change due to loads and codes.  
1.800.882.5150  
[PREMIERBUILDINGS.COM](http://PREMIERBUILDINGS.COM)

JOYNER'S CORNER ANSWERS:  
DID YOU KNOW  
VENUS FLYTRAPS  
SOLVE IT  
542916  
WORD FOR WORD  
COME  
GAME  
AGE  
AGE  
GO  
CROSS NUMBERS  
O M L  
E N E  
I V L  
A E  
E N I N  
F O U R  
X S I X  
T H R E E  
L

Carolina  
country

A new look  
on the go!

Have you seen the new  
[carolinacountry.com](http://carolinacountry.com)?  
Our site now features  
larger photos and displays  
beautifully on any device.

Try it on your phone  
to see it in action!







## Dilly Pickled Okra

*My college-age son requests these because they are so much better than the store-bought brands, and he helps me make them. Small, 2–3 inch tender pods make the crispiest, best pickles. — Carole*

- At least 3 pounds of fresh okra, small pods
- 6 cups white vinegar
- 2 cups water
- $\frac{1}{3}$  cup canning salt
- 2–3 peeled garlic buds per jar
- 4 tsp. dill seed
- 1 hot pepper or 1 tsp. hot pepper flakes (optional)

In clean, wide-mouth pint jars, stuff okra and garlic cloves (start with okra stem down, then squeeze stem up pods in between).

Mix vinegar, water, salt, dill and pepper and bring to a boil. Use a ladle to pour hot vinegar over okra to fill each jar. Top with sterile, hot lids and screw rings on tightly.

Lower the jars into hot water and bring to a boil. Process for 25 minutes (40 minutes for quarts). Remove the jars from the boiling water and allow to cool and seal.

Wait about 3 weeks before eating. Any leftover vinegar can be poured over sliced cucumbers, squash, cabbage, etc. for refrigerator pickles.

*Yield: 5 pints*



## Favorite Canned Salsa

*Customize this salsa (from the “Simply in Season” cookbook) to your taste by adjusting the number and types of peppers you use. — Amy*

- 14 cups tomatoes (peeled, chopped and drained)
- 3 cups chopped onion
- $\frac{1}{2}$  cup chopped chili peppers (or more if you want it HOT)
- 1–3 cups green, yellow and red sweet peppers, chopped
- 8–10 cloves garlic, minced
- 1 cup tomato sauce
- 1 cup ketchup
- $\frac{3}{4}$  cup vinegar
- 10 tablespoons cornstarch or Therm-Flo
- 2½ tablespoons salt
- 1 tablespoon chili powder
- $\frac{1}{2}$  teaspoons ground cumin

Combine tomatoes, onion, peppers and garlic and set aside. Combine other ingredients and cook until sauce is thick and a clear dark color.

Add combined vegetables to sauce and stir well.

Ladle into hot sterilized pint jars to within  $\frac{1}{2}$  inch of top, seal with new sterilized lids, and process full jars in boiling water bath for 35 minutes.



## Green Tomato Pie Filling

*This is a family recipe that truly does taste just like mincemeat! Recipe can be doubled or halved. — Amy*

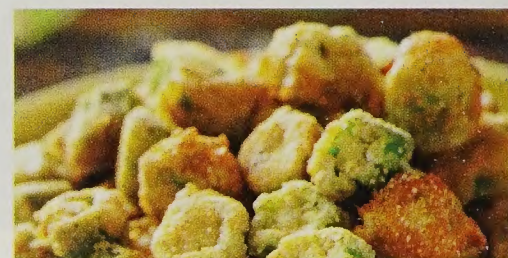
- 10 cups diced green tomatoes
- 4 cups raisins
- $\frac{1}{2}$  cup butter
- $\frac{1}{2}$  cup vinegar
- 1 cup cornstarch
- 4 teaspoons cinnamon
- 1 teaspoon ground cloves
- 5 cups sugar

Combine all ingredients in a large stock pot. Cook on medium heat, stirring occasionally, until sugar, cornstarch and butter are melted.

Ladle into hot sterilized quart jars to within  $\frac{1}{2}$  inch of top, seal with new sterilized lids, and process full jars in boiling water bath canner for the appropriate amount of time for elevation.

Serving suggestions: Use as mincemeat pie filling (one quart per pie) with a single crust or double crust pie. Bake at 425 degrees for 35 minutes. Can also serve hot over ice cream.

*Yield: 4 quarts*



## Fee Fie Faux Fried Okra

*Most Southerners love fried okra. Here's a way to get the same flavor without the oil. Substitute garlic powder for garlic salt for an even healthier dish. — Carole*

- 1 pound fresh or frozen okra, cut
- $\frac{1}{2}$  cup yellow cornmeal
- $\frac{1}{2}$  cup panko bread crumbs
- 1 teaspoon garlic salt
- $\frac{1}{4}$  teaspoon freshly ground black pepper
- Butter flavored cooking spray

Preheat oven to 375 degrees.

In a microwave-safe casserole dish, cook the okra (covered) in a little water for about 5 minutes on high.

While the okra cooks, mix all dry ingredients in a gallon-size plastic food storage bag. With a slotted spoon, strain the okra and add it to the bag, tossing to coat evenly.

Liberally spray a baking sheet with cooking spray, and bake 15 or 20 minutes until golden and crispy.

*Yield: 4 1-cup servings*

Find more than 500 recipes at [carolinacountry.com](http://carolinacountry.com), featuring a new recipe every week.

Recipes on this page are from contributing writers Carole Howell and Amy Ney. Read their articles on okra and tomatoes on pages 14 and 15.



# “My friends all hate their cell phones... I love mine!”

## Here's why.

**ALL-NEW  
Bigger  
Buttons**

**No  
Contracts**

**FREE  
Car  
Charger**

Say good-bye to everything you hate about cell phones. Say hello to the **ALL-NEW Jitterbug Flip**.

**“Cell phones have gotten so small, I can barely dial mine.”** Not the new Jitterbug® Flip. It features a larger keypad for easier dialing. It even has a larger display so you can actually see it.

**“I had to get my son to program it.”** Your Jitterbug Flip set-up process is simple. We'll even program it with your favorite numbers.

**“I tried my sister's cell phone... I couldn't hear it.”** The Jitterbug Flip is designed with a powerful speaker and is hearing aid compatible. Plus, there's an adjustable volume control.

**“I don't need stock quotes, Internet sites or games on my phone. I just want to talk with my family and friends.”** Life is complicated enough... The Jitterbug Flip is simple.

**“What if I don't remember a number?”** Friendly, helpful Operators are available 24 hours a day and will even greet you by name when you call.

**“My cell phone company wants to lock me in a two-year contract!”** Not with the Jitterbug Flip. There are no contracts to sign and no penalty if you discontinue your service.



Monthly Plan	\$14.99/mo	\$19.99/mo
Monthly Minutes	200	600
Operator Assistance	24/7	24/7
Long Distance Calls	No add'l charge	No add'l charge
Voice Dial	FREE	FREE
Nationwide Coverage	YES	YES
Friendly Return Policy <sup>1</sup>	30 days	30 days

More minute plans available. Ask your Jitterbug expert for details.

**“I'd like a cell phone to use in an emergency, but I don't want a high monthly bill.”** The Jitterbug Flip has a plan to fit your needs... and your budget.

**“Many phones have features that are rarely needed**

**and hard to use!”** The Jitterbug Flip contains easy-to-use features that are meaningful to you. A newly designed built-in camera makes it easy and fun for you to capture and share your favorite memories. And a new flashlight with a built-in magnifier helps you see in dimly lit areas, the Jitterbug Flip has all the features you need.

**Enough talk.** Isn't it time you found out more about the cell phone that's changing all the rules? Call now, Jitterbug product experts are standing by.

Available in  
Red and Graphite.

**Order now** and receive a  
**FREE Car Charger** for your Jitterbug Flip –  
a \$25 value. Call now!

## **NEW** Jitterbug Flip Cell Phone

Call toll-free to get your Jitterbug Flip.

Please mention promotional code 103424.

**1-888-785-9449**

[www.jitterbugdirect.com](http://www.jitterbugdirect.com)

**jitterbug**  
flip

**firstSTREET**  
for Boomers and Beyond®  
1998 Ruffin Mill Road  
Colonial Heights, VA 23834



We proudly accept the following credit cards:



IMPORTANT CONSUMER INFORMATION: Jitterbug is owned by GreatCall, Inc. Your invoices will come from GreatCall. Plans and Services require purchase of a Jitterbug phone and a one-time setup fee of \$35. Monthly fees do not include government taxes or assessment surcharges and are subject to change. Coverage is not available everywhere. SStar or 9-1-1 calls can only be made when cellular service is available. <sup>1</sup>We will refund the full price of the Jitterbug phone and the activation fee (or setup fee) if it is returned within 30 days of purchase in like-new condition. We will also refund your first monthly service charge if you have less than 30 minutes of usage. If you have more than 30 minutes of usage, a per minute charge of 35 cents will be deducted from your refund for each minute over 30 minutes. You will be charged a \$10 restocking fee. The shipping charges are not refundable. There are no additional fees to call GreatCall's U.S.-based customer service. However, for calls to a GreatCall Operator in which a service is completed, you will be charged 99 cents per call, and minutes will be deducted from your monthly rate plan balance equal to the length of the call and any call connected by the Operator. Jitterbug and GreatCall are registered trademarks of GreatCall, Inc. ©2016 GreatCall, Inc. ©2016 firstSTREET for Boomers and Beyond, Inc.



# dish 2 YEAR PRICE LOCK!

**Hurry! Limited-Time Offer!**



Courtesy of GoDish.com Must mention offer code

**Go100** ▲

**\$49<sup>99</sup>**  
month

**No Hidden  
Monthly Fees!**

- No Local Channels Fee • No Regional Sports Fee
- No HD Fee • No 1st Receiver Fee

**NETFLIX** - Fully Integrated -  
Just Change The Channel  
And Watch!

**OVER 190 CHANNELS!**



**FREE PREMIUM  
CHANNELS**



**Over 50 Channels  
for 3 months!**

**¡Se Habla Español!**

**1-866-549-5434**

Mon-Fri 7am-11pm CST Sat 7am-9pm CST Sun 9am-8pm CST

Go [GoDish.com/PriceLock](http://GoDish.com/PriceLock)

**dish**  
AUTHORIZED RETAILER

**HIGH SPEED  
INTERNET** Starting at  
**\$19<sup>99</sup>** month  
No Matter Where You Live! No TV Service Required!

2-Year TV Price Guarantee Offer Terms and Conditions: All offers require credit qualification, 24-month commitment with early termination fee and e-bill autopay. Offer available for new and qualified former customers. Qualification: Advertised price requires credit qualification and eAutoPay. Upfront activation and/or receiver upgrade fees may apply based on credit qualification. Offer ends 8/3/16. 2-Year Commitment: Early termination fee of \$20/mo. remaining applies if you cancel early. Included in 2-year price guarantee at \$49.99 advertised price: America's Top 120 Plus programming package, Local channels and Regional Sports Networks (where available), and monthly 1st receiver and HD service fees. Included in 2-year price guarantee for additional cost: Programming package upgrades (\$64.99 for AT200, \$74.99 for AT250), monthly fees for additional receivers (\$7 per additional TV, higher fees may apply for advanced receivers), and monthly DVR service fees (\$10). NOT included in 2-year price guarantee or \$49.99 advertised price (and subject to change): Taxes & surcharges, add-on programming (including premium channels), Protection Plan, and transactional fees. Premium Channels: Subject to credit qualification. After 3 mos., you will be billed \$60/mo. for HBO, Cinemax, Showtime, Starz and DISH Movie Pack unless you call to cancel. Gift Card: Courtesy of GoDish.com. Requires 24-month commitment. Customer must meet credit and qualification criteria, and sign up for DISH with qualifying packages through 8/3/16. While this offer is available for free, certain other transaction fees and costs, terms, and conditions are associated with the use of this Card. See the Cardholder Agreement for more details. Customer must complete redemption process to receive gift. Redemption Certificate will be sent to customer within 30 days of qualifying DISH service activation. Redemption requires the following: customer's signature and shipping address, proof of DISH service, and payment for shipping and/or handling (payable with cashier's check or money order only). Allow 6-8 weeks from receipt of completed Redemption Certificate for delivery of gift. Neither MetaBank nor Visa is a sponsor, endorser or participant in this promotion. Monthly inactivity fee of \$2.95 after 12 consecutive months of inactivity. Lost/stolen replacement card fee of \$5.00. Cards issued by MetaBank™, Member FDIC, pursuant to a license from Visa U.S.A. Incorporated. See cardholder agreement, which will accompany your card, for more details. VISA® is a registered trademark of Visa International Service Association. Any unclaimed gift card offer is void after 180 days. Other: All packages, programming, features, and functionality are subject to change without notice. Free standard professional installation only. Upfront or additional monthly fees may apply. HBO®, Cinemax® and related channels and service marks are the property of Home Box Office, Inc. SHOWTIME is a registered trademark of Showtime Networks Inc., a CBS Company. STARZ and related channels and service marks are property of Starz Entertainment, LLC. Internet speeds, prices and providers vary by customer address.